

All dishes highlighted have been requested by our pupils.



All dishes highlighted have one or more of the key features to make it a Future Proof Food dish.



Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main Course	  Sweet & Sour Chicken with Noodles	 Cottage Pie	Slow Baked Jamaican Jerk Chicken	 Beef Bolognese Bake with Garlic Bread	 Korean Chicken with Spiced Vegetable Rice
Main Course	Hoi Sin Quorn with Vegetables & Noodles	Double Cheddar Cheese Pie 	Sweet Potato & Chickpea Coconut Korma with Rice  	Roast Vegetable & Pesto Lasagne 	Korean Aubergine & Kimchi, With Vegetable Rice
Jacket Potato / Pasta Bar	Jacket Potato with Baked Beans & Cheddar Cheese Pasta with Tomato Sauce	Jacket Potato with Baked Beans & Cheddar Cheese Pasta with Green Pesto	Jacket Potato with Baked Beans & Cheddar Cheese Pasta with Parmesan Cream	Jacket Potato with Baked Beans & Cheddar Cheese Pasta with Cajun Sauce	Jacket Potato with Baked Beans & Cheddar Cheese Pasta with Carbonara Sauce
Sides	Oriental Vegetables	Seasonal Greens	Vegetable Rice & Peas Pineapple Relish	Charred Corn on The Cob Mediterranean Vegetables	Roasted Sesame Carrots Spiced Vegetables
Dessert	Apple Crumble with Custard	Raspberry White Chocolate Blondie	Choc Chip Granola	Key lime pie pots	Coffee Cake
6 th Form Streetfood	Spicy Meatball Kebab with Flatbread	Chicken Caesar Salad Pot	Chicken Souvlaki	Cheese & Tomato Focaccia Pizza	Breaded Macaroni Cheese Bites in Cheddar Cheese Sauce
	Seasonal Fruit & Dessert Pots There will also be a Fresh Salad Bar available every day				

Lunch

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main course one	Chicken & Roast Pepper Paella	Macaroni with Two Cheese Sauce, Choose a topping - Crispy Onions or Smokey Cauliflower Garlic Bread	Beef or Chicken Madras with Steamed Rice	Crispy Chicken & Vegetable Pie	WGS Beef or Chicken Burger
Main course two	Mixed Bean Chilli with Braised Rice		Chickpea & Vegetable Masala Steamed Rice	Lentil & Mushroom Meatballs with Tomato Sauce, Spaghetti & Garlic Bread	Spicy Bean Burger with Relish
Jacket Potatoes / Pasta Bar	Jacket Potato with Baked Beans & Cheddar Cheese Pasta with Tomato Sauce	Jacket Potato with Baked Beans & Cheddar Cheese Pasta with Green Pesto	Jacket Potato with Baked Beans & Cheddar Cheese Pasta with Parmesan Cream	Jacket Potato with Baked Beans & Cheddar Cheese Pasta with Cajun Sauce	Jacket Potato with Baked Beans & Cheddar Cheese Pasta with Carbonara Sauce
Sides	Roasted Cauliflower & Broccoli	Garden Peas Red Cabbage	Homemade Onion Bhajjis with Mint Yoghurt & Sweet Chilli Bombay Potatoes & Vegetables	Wedges Chilli Roast Peppers with Spring Cabbage	Mushy Peas Fries & Fried Onions
Dessert	Eaton Mess	Cookies & Cream Cake	Freshly Made Flapjack	Black Forest Brownie	Rice Pudding
6th Form Steet food	Tostada Mexican Salad	Hoi Sin Pork & Noodles	Moroccan Chicken Falafel Pot	Onion Bhajjis, Rice & Mint Yoghurt	Steak Sandwich
	Seasonal Fruit & Dessert Pots There will also be a Fresh Salad Bar & Fresh Fruit available every day				

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main course one	Topped Dogs Pork or Chicken Chili. beef, Crispy Onions, Chili Sauce 	Beef or Chicken Chilli with Steamed Rice, Nachos and Mexican Sides	Build your own Chicken Burrito	PAN ASIAN Chicken Tikka Masala Curry with Rice	Fish Fingers Lemon & Tartare
Main course two	Leek, Pepper & Parmesan Risotto 	Penne Pasta with Roasted Peppers, Cherry Tomatoes & Basil Sauce	Build your own Veggie Burrito	PAN ASIAN Thai Green Smoked Tofu & Vegetable Curry with Fragrant Rice	Vegetable Falafel with minted Yoghurt & Pitta Bread, Sweet Chilli Chips & Coleslaw
Jacket and Pasta	Jacket Potato with Baked Beans & Cheddar Cheese Pasta with Tomato Sauce	Jacket Potato with Baked Beans & Cheddar Cheese Pasta with Green Pesto	Jacket Potato with Baked Beans & Cheddar Cheese Pasta with Parmesan Cream	Jacket Potato with Baked Beans & Cheddar Cheese Pasta with Cajun Sauce	Jacket Potato with Baked Beans & Cheddar Cheese Pasta with Carbonara Sauce
Sides	Garlic Bread Baked Beans Greens	Roasted Cauliflower Mexican Carrots	Dry Slaw Corn on The Cob	Roast Sweet Potato Curry Sides	Mushy Peas Garden Peas Tartare Sauce
Dessert	Apple puff pie	Cosmic Fruit Cake	Cinnamon Roll Cake	Raspberry Mousse	Coconut Tapioca Pudding with Mango
6 th Form Streetfood	Chicken Quesadilla	Chicken Chow Mein	Chicken Salsa Taco / Burrito	Yam & Potato Cakes with Humus Dressing 	Withington Beef Burger Stack
	Seasonal Fruit & Dessert Pots There will also be a Fresh Salad Bar & Fresh Fruit available every day				