



THE SIXTH FORM COLLEGE, COLCHESTER
THE REFECTORY – SOUTH SITE

WELCOME TO THE REFECTORY.

TO HELP YOU PLAN YOUR VISIT, PLEASE FIND BELOW THE NEW THREE WEEK MENU CYCLE!

Wk 1	Wk 2	Wk 3
13/04/15	20/04/15	27/04/15
04/05/15	11/05/15	18/05/15
01/06/15	08/06/15	15/06/15

OPENING HOURS 08:00 – 14:30	WE SERVE BREAKFAST BETWEEN 08:00 – 09:30 LOCAL FARM PORK SAUSAGES & BACON, FRESHLY BAKED PASTRIES, FILLED BREAKFAST MUFFINS	ALL OUR MAIN CHOICE ITEMS ARE PRODUCED WITH LOCALLY SOURCED MEAT, FRUIT & VEGETABLES FROM WITHIN 15 MILES OF THE COLLEGE ☺
IF YOU HAVE ANY SPECIFIC DIET REQUIREMENTS PLEASE CONTACT US DIRECTLY OR ASK A MEMBER OF THE TEAM!		



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKTIME SPECIALS 10.20 – 10.45	DAILY SPECIALS INCLUDING HOT FILLED WRAPS, NOODLE POTS, BURRITOS, HOMEMADE SOUPS AVAILABLE EVERYDAY – CHICKEN BURGERS, HAMBURGERS, FRIES, CHICKEN NUGGETS, SAUSAGE ROLLS, PASTRIES, FRESHLY MADE PIZZAS.				
MAIN CHOICE	BEEF MADRAS WITH STEAMED RICE & MANGO CHUTNEY	NEW YORK HOT DOG – PORK SAUSAGE, STICKY ONIONS, KETCHUP & NY MUSTARD	SWEET & SOUR CHICKEN WITH EGG FRIED RICE	PULLED PORK IN TORTILLA WRAP WITH CHIPOTLE SLAW & TRIPLE PEPPER ROASTED ONIONS	MSC CERTIFIED FILLET OF HADDOCK, MUSHY PEAS & CHIPS
VEGETARIAN CHOICE	POTATO, SPINACH & CHICK PEA BALTI	BAKED SWEET POTATO WITH CLASSIC RATATOUILLE TOPPING	AUBERGINE & GOATS CHEESE TACOS WITH SWEET CHILLI SAUCE	6 TH FORM COLLEGE MACARONI CHEESE	FOUR CHEESE QUICHE WITH SALAD
HEALTHY CHOICE	SEASONAL AT THE MOMENT – ASPARAGUS, SPRING ONIONS, NEW POTATOS, AUBERGINE				
FRESHLY MADE SOUP	TOMATO & FRESH BASIL	ASPARAGUS SOUP	MUSHROOM & TARRAGON	CHINESE NOODLE SOUP	LEEK & SWEET POTATO



WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKTIME SPECIALS 10.20 – 10.45	DAILY SPECIALS INCLUDING HOT FILLED WRAPS, NOODLE POTS, BURRITOS, HOMEMADE SOUPS CHICKEN BURGERS, HAMBURGERS, FRIES, CHICKEN NUGGETS, SAUSAGE ROLLS, PASTRIES, FRESHLY MADE PIZZAS.				
MAIN CHOICE	STEAK CHILLI CON CARNE, PEPPERS, STEAMED RICE & SOUR CREAM & CHIVES	SEARED PIRI PIRI CHICKEN BREAST WITH BABY SPINACH, FETA CHEESE & CHERRY TOMATO SALAD	COTTAGE PIE	HOT WINGS WITH ROCKET & HERB SALAD	MSC CERTIFIED HADDOCK, CHIPS, PEAS & TARTARE SAUCE
VEGETARIAN CHOICE	MUSHROOM & COURGETTE STROGANOFF	BAKED SWEET POTATO WITH CLASSIC RATATOUILLE TOPPING	BABA GANOUSH – SCORCHED AUBERGINES, GARLIC, TOMATOS, OLIVE OIL - SERVED WITH WARM PITTA BREADS	6 TH FORM COLLEGE MACARONI CHEESE	SPINACH & RICOTTA TORTELLINI
FRESH N RAW	'FRESH N RAW' SEASONAL SALAD BAR				
FRESHLY MADE SOUP	MUSHROOM	TOMATO & RED PEPPER	POTATO & WATERCRESS	CURRIED VEGETABLE	VEGETABLE



WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKTIME SPECIALS 10.20 – 10.45	DAILY SPECIALS INCLUDING HOT FILLED WRAPS, NOODLE POTS, BURRITOS, HOMEMADE SOUPS AVAILABLE EVERYDAY – CHICKEN BURGERS, HAMBURGERS, FRIES, CHICKEN NUGGETS, SAUSAGE ROLLS, PASTRIES, FRESHLY MADE PIZZAS.				
MAIN CHOICE	HOT MEXICAN BBQ STEW WITH NACHOS & RANCH DRESSING	MSC CERTIFIED FISH FINGER SANDWICH WITH ICEBURG LETTUCE & TARTARE SAUCE	CHICKEN JALFREZI, STEAMED RICE, NAAN BREAD, MANGO CHUTNEY	CHARGRILLED BEEF STEAK WITH ROCKET, SUNDRIED TOMATO & SPRING ONION SALAD	MSC CERTIFIED HADDOCK, CHIPS, PEAS & TARTARE SAUCE
VEGETARIAN CHOICE	JERSEY ROYAL & DOUBLE GLOUCESTER TORTILLA	BAKED SWEET POTATO WITH CLASSIC RATATOUILLE TOPPING	HOMEMADE BAKED BEANS ON TOASTED SOUR DOUGH BREAD	6 TH FORM COLLEGE MACARONI CHEESE	CHEESE, POTATO & ONION PASTY
FRESH N RAW	SEASONAL AT THE MOMENT – ASPARAGUS, SPRING ONIONS, NEW POTATOS, AUBERGINE				
FRESHLY MADE SOUP	TOMATO	LEEK & SWEET POTATO	FRENCH ONION	PARSNIP	VEGETABLE



COLCHESTER 6TH FORM COLLEGE TOKENS

TOKENS CAN BE USED TOWARDS THE PURCHASE OF :

HOT MAIN MEALS & SNACKS

SOUP WITH A ROLL

TOASTED SANDWICHES/PANINI

SANDWICHES – FRESHLY MADE AND PRE PACKED

SALAD BAR

WE CANNOT ACCEPT TOKENS IN PAYMENT FOR :

ANY DRINKS (INCLUDING BOTTLED WATER)

CAKES, FLAPJACKS, BISCUITS, CEREAL BARS ETC.

SWEETS & CHOCOLATE

CRISPS

**PLEASE ALSO BEAR IN MIND WE CANNOT
ISSUE ANY CHANGE FROM TOKEN PURCHASES**