

# St Bede's Week Prep Week One

## Weekly menu



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Mild Beef Curry

BBQ Pulled Pork Bap

Chicken Pasta Bake

Pepperoni Pizza Slice

Breaded Fish Fingers with Ketchup

Sweet Potato & Chickpea Curry

Mild Spiced Vegetable Burrito

Cheese, Potato & Onion Bake

Margareta Pizza Slice

Tomato & Basil Gnocchi

Coriander & Lemon Rice

Garlic Potatoes and Vegetables

Garlic Bread

Potato Wedges and Vegetables

Chips and Garden Peas

Dessert - Marble Sponge and Custard

Dessert - Chocolate Bread & Butter Pudding with Custard

Dessert - Apple & Red Berry Crumble with Custard

Dessert - Lemon Drizzle with Custard

Dessert - Rice Pudding with Syrup

# St Bede's Prep Week Two

## Weekly menu



### Monday

BBQ Chicken with Cheese & Bacon

Quorn Cottage Pie

Roast Potatoes & Vegetables

Dessert - Chocolate Sponge with Vanilla Sauce

### Tuesday

Pork Stir Fry with Prawn Crackers

Hoisin Jack-Fruit Bao Bun

Rice and Sweetcorn

Dessert - Pineapple Upside Down Cake with Custard

### Wednesday

Beef & Cheese Burger

Vegetable Burger

Onion Rings & Asian Slaw

Dessert - Baked Rice Pudding with Syrup

### Thursday

Meatballs & Spaghetti

Sweet and Sour Vegetables

Steamed Rice and Vegetables

Dessert - Sprinkles Cake with Custard

### Friday

Breaded Fish Fingers with Ketchup

Cheese & Onion Quiche

Chips and Peas

Dessert - Ice Cream

# St Bede's Prep Week Three

## Weekly menu



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Chicken Burger

Roast Meat of the Day

Minced Beef Lasagne

Lemon & Cracked Black Pepper Chicken

Breaded Fish Fingers with Ketchup

Mixed Bean & Chickpea Chilli

Vegetable Wellington

Mushroom Risotto

Stuffed Cabbage Leaf with Chilli Tomato Sauce

Cheese & Onion Pie

Skinny Fries & Vegetables

Roast Potatoes & Steamed Vegetables

Garlic Bread & Vegetables

Buttered New Potatoes & Vegetables

Chips and Peas

Dessert - Coconut Sponge and Custard

Dessert - Chocolate Sponge with Custard

Dessert - Baked Rice Pudding with Syrup

Dessert - Lemon Drizzle Cake with Custard

Dessert - Waffle & Chocolate Sauce