

St Bede's Week Prep Week One

Weekly menu



Monday

Peri Peri Chicken with Chimi
Churi Sauce

Cauliflower Cheese with
Panko Crumb

Garlic Potatoes, Steamed
Vegetables

Dessert - Marble Sponge and
Custard

Tuesday

Bolognaise Pasta Bake

Vegetable Lasagne

Garlic Bread and Vegetables

Dessert - Chocolate Bread &
Butter Pudding with Custard

Wednesday

Sweet Spicy Pulled Pork
Sandwich

Mushroom & Feta Filo Parcel

Baby Roast Potatoes & Mixed
Salad

Dessert - Apple & Red Berry
Crumble with Custard

Thursday

Salt & Pepper Chicken with
Savoury Rice

Mac 'n' Cheese

Seasonal Vegetables

Dessert - Lemon Drizzle with
Custard

Friday

Breaded Fish Fingers with
Ketchup

Cheese & Tomato Tart

Chips and Garden Peas

Dessert - Rice Pudding with
Syrup

Available daily

Chefs Soup of the Day with Homemade Bread
Jacket Potato with Various Fillings

St Bede's Prep Week Two

Weekly menu



Monday

Chicken Fajita Flat Bread with Garlic Mayo Dressing

Spanish Omelette

Roast Potatoes & Vegetables

Dessert - Chocolate Sponge with Vanilla Sauce

Tuesday

Gammon Steak

Moroccan Vegetable Tagine with Cous Cous

Chipped Potatoes & Mixed Vegetables

Dessert - Chocolate Bread and Butter Pudding with Custard

Wednesday

Tomato & Mozzarella Pasta Bake

Roast Vegetable Pasta Bake

Potato Wedges & Mixed Vegetables

Dessert - Baked Rice Pudding with Syrup

Thursday

Roast Meat Dinner

Cheesy Potato & Broccoli Bake

Roast Potatoes and Vegetables

Dessert - Sprinkles Cake with Custard

Friday

Breaded Fish Fingers with Ketchup

Katsu Vegetable Curry with Rice

Chips and Peas

Dessert - Ice Cream

Available daily

Chefs Soup of the Day with Homemade Bread
Jacket Potato with Various Fillings

St Bede's Prep Week Three

Weekly menu



Monday

Sausage Pattie, Cheese & Hash Brown Muffin

Stuffed Sweet Potato

Potato Wedges & Seasonal Vegetables

Dessert - Syrup Sponge and Custard

Tuesday

Sweet 'n' Sour Chicken

Beetroot & Falafel Wrap

Steamed Rice & Prawn Crackers

Dessert - Chocolate Sponge with Custard

Wednesday

Pepperoni Pizza

Margarita Pizza

Potato Wedges & Mixed Salad

Dessert - Baked Rice Pudding with Syrup

Thursday

Chinese Style Chicken Curry

Vegetable Noodle Stir Fry

Steamed Rice

Dessert - Lemon Drizzle Cake with Custard

Friday

Breaded Fish Fingers with Ketchup

Roast Vegetable & Feta Flatbread

Chips and Peas

Dessert - Waffle & Chocolate Sauce

Available daily

Chefs Soup of the Day with Homemade Bread
Jacket Potato with Various Fillings