

WEEKLY
MENU

St Bede's Week One



Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Chicken Breast	Beef Meatballs in Tomato & Basil Sauce with Pasta	Roast Meat Dinner	Chicken & Broccoli Fried Rice	Breaded Fish Fingers or Battered Fish Fillet
Bean & Chickpea Chilli	Vegetable Lasagne	Veggie Pizza Sub	Cajun Vegetable & Halloumi Flatbread	Cheese & Onion Pie
Buttered New Potatoes & Veg	Garlic Bread	Roast Potatoes	Seasonal Vegetables	Chipped Potatoes
Steamed Rice	Seasonal Vegetables	Mixed Seasonal Vegetables	Chopped Salad	Mushy Peas
Dessert - Marble Sponge & Custard	Dessert - Chocolate Bread & Butter Pudding with Custard	Dessert - Apple & Red Berry Crumble with Custard	Dessert - Lemon Drizzle with Custard	Dessert - Vanilla Rice Pudding with Syrup



Available daily

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

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St Bede's Week Two



Monday	Tuesday	Wednesday	Thursday	Friday
Breaded Garlic Chicken & Onion Rings	Beef Keema & Naan Bread	Creamy Chicken & Mushroom Pasta Bake	Cheese Burger	Breaded Fish Fingers or Battered Fish Fillet
Penne Arabiatta with Garlic Bread	Thai Vegetable Curry	Cheese & Onion Potato Skins	Veggie Quarter Pounder	Vegetable Fried Rice with Spring Rolls
Buttered Sweetcorn	Steamed Rice	Garlic Bread	Potato Wedges	Chipped Potatoes
Skinny Fries	Dessert - Chocolate Bread and Butter Pudding with Custard	Garden Peas	Coleslaw & Mixed Salad	Mushy Peas
Dessert - Chocolate Sponge with Vanilla Sauce		Dessert - Baked Rice Pudding with Syrup	Dessert - Sprinkles Cake & Custard	Dessert - Ice Cream



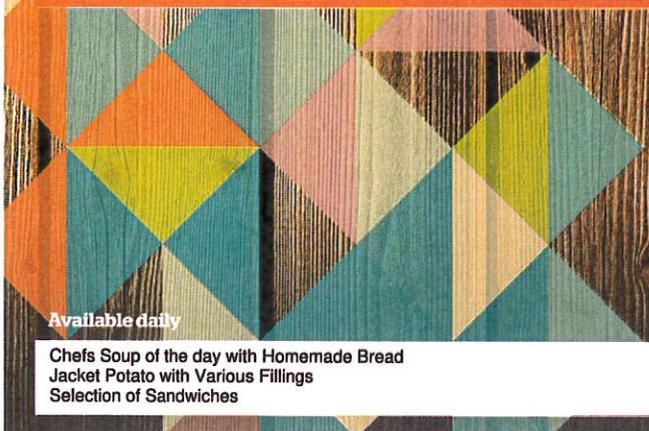
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St Bede's Week Three



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Shawarma Flatbread with Lemon & Garlic	Minced Beef Bolognese Pasta	Sausages & Onion Gravy	Chicken Sandwich with Garlic Mayo	Breaded Fish Fingers or Battered Fish Fillet
Indian Veggie Selection	Veggie Bolognese Pasta	Veggie Sausages	Welsh Rarebit	Vegetable Enchilada
Mini Naan & Dips	Garlic Bread	Mashed Potatoes	Spiced Wedges	Chipped Potatoes
Seasonal Salad	Seasonal Salad	Garden Peas	Mixed Salad	Mushy Peas
Dessert - Syrup Sponge & Custard	Dessert - Chocolate Sponge & Custard	Dessert - Baked Rice Pudding with Syrup	Dessert - Lemon Drizzle Cake with Custard	Dessert - Waffle & Chocolate Sauce



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Jacket Potato with Various Fillings
Selection of Sandwiches