

St Bede's Week Prep Week One

Weekly menu



Monday

BBQ Chicken Breast

Bean & Chickpea Chilli

Buttered New Potatoes & Veg
or Steamed Rice

Dessert - Marble Sponge and
Custard

Tuesday

Beef Meatballs in Tomato &
Basil Sauce with Pasta

Vegetable Lasagne

Garlic Bread and Vegetables

Dessert - Chocolate Bread &
Butter Pudding with Custard

Wednesday

Roast Meat Dinner

Veggie Pizza Sub

Roast Potatoes & Seasonal
Vegetables

Dessert - Apple & Red Berry
Crumble with Custard

Thursday

Chicken & Broccoli Fried Rice

Cajun Vegetable & Halloumi
Flatbread

Seasonal Vegetables or Mixed
Chopped Salad

Dessert - Lemon Drizzle with
Custard

Friday

Breaded Fish Fingers with
Ketchup

Cheese & Onion Pie

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

Breaded Garlic Chicken

Penne Arabiatta with Garlic Bread

Skinny Fries, Sweetcorn & Onion Rings

Dessert - Chocolate Sponge with Vanilla Sauce

Tuesday

Beef Keema

Thai Vegetable Curry

Steamed Rice & Mini Naan

Dessert - Chocolate Bread and Butter Pudding with Custard

Wednesday

Creamy Chicken & Mushroom Pasta Bake

Cheese & Onion Potato Skins

Garlic Bread & Garden Peas

Dessert - Baked Rice Pudding with Syrup

Thursday

Cheese Burger

Veggie Quarter Pounder

Potato Wedges, Coleslaw & Mixed Salad

Dessert - Sprinkles Cake with Custard

Friday

Breaded Fish Fingers with Ketchup

Vegetable Fried Rice with Spring Rolls

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

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 with Ketchup

Indian Veggie Selection

Veggie Bolognese Pasta

Veggie Sausages

Welsh Rarebit

Vegetable Enchilada

Mini Naan & Dips & Salad

Mixed Salad & Garlic Bread

Mashed Potatoes & Garden Peas

Spiced Wedges & Mixed Salad

Chips and Peas

Dessert - Syrup Sponge and Custard

Dessert - Chocolate Sponge with Custard

Dessert - Baked Rice Pudding with Syrup

Dessert - Lemon Drizzle Cake with Custard

Dessert - Waffle & Chocolate Sauce

Available daily

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