



BEDALES PRE-PREP LUNCH MENU - Week One 2 Sep, 23 Sep, 14 Oct, 18 Nov, 9 Dec

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Classic Main	Chicken Korma	Butcher's Sausages with Onion Gravy	Lemon Chilli Chicken	Beef, Stilton & Red Wine Casserole with Dumplings	Chalk Stream Trout Fillets with Lemon & Caper Butter Hand Battered Cod
Vegetarian	Daal Makhani	Vegan Sausages with Onion Gravy	Vegetable Chow Mein	Vegan Bean & Vegetable Casserole	Vegetable Lasagne
Carbohydrates	Pilau Rice	Creamed Potatoes	Boiled Rice Prawn Crackers	Parsley Potatoes	French Fries
Vegetable Choice	Vegetable Samosas Garlic Naan Bread	Garden Peas	Tenderstem Broccoli	Steamed Broccoli	Garden Peas Baked Beans
Dessert	Fresh Fruit Salad	Tiramisu	Assorted Melon	Raspberry Meringue Roulade	Selection of Berries

A SELECTION OF SALADS AT THE SALAD BAR, CUT FRUITS & COLD DESSERTS AVAILABLE DAILY

SWALLOW SUPPER CLUB - Week One

Classic Main	Cheesy Topped Cottage Pie	Turkey Escalopes with a Creamy Sun-Dried Tomato Sauce	Roast Pork & Apple Sauce with Gravy	Vegan Ciabatta with Tomatoes Olives and Cheese	Lamb Tagine or Koftas
Vegetarian	Vegan Cottage Pie	Cous Cous Fritters with Vegan Cheese	Vegan Wellington Slice	Creamy Mushroom Ciabatta	Falafel Balls with a Tomato Ragu Sauce
Carbohydrates	Sweetcorn Carrots	Boulangère Potatoes	Roast Potatoes	Jacket Potato Wedges	Moroccan Cous Cous Pitta Breads
Vegetable Choice	Fine French Beans	Roasted Courgettes with Lemon & Garlic	Carrots Buttered Savoy Cabbage Honey & Mustard Roast Parsnips	Baby Corn Cobs Mixed Salad	Roasted Red Peppers



BEDALES PRE-PREP LUNCH MENU - Week Two 9 Sep, 30 Sep, 4 Nov, 25 Nov

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Classic Main	Boneless Chicken Thighs in a Chasseur Sauce	Meatballs in a Tomato & Garlic Sauce	Minute Steak with a Redcurrant Gravy	Kung Po Chicken with Szechuan Peppercorns	Scampi & Lemon Battered Cod or Fish Fingers
Vegetarian	Spanish Vegetable Hot Pot	Filled Ravioli with Roasted Vegetable & Ricotta	Vegan Mushroom & Tarragon Strudel with a Madeira Sauce	Vegan Vegetable & Bean Stir Fry with Black Bean Sauce	Vegan Nuggets
Carbohydrates	Boiled Rice	Spaghetti	Creamed Potatoes	Egg Fried Rice Spring Rolls	Thick Cut Chips Buttered New Potatoes
Vegetable Choice	Green Beans	Tossed Salad Sweetcorn	Braised Leeks	Stir Fried Broccoli with Soy & Sesame Seeds	Petit Pois
Dessert	Fresh Fruit Salad	Chocolate Mousse	Assorted Melon	Baked Alaska	Selection of Berries

A SELECTION OF SALADS AT THE SALAD BAR, CUT FRUITS & COLD DESSERTS AVAILABLE DAILY

SWALLOW SUPPER CLUB - Week Two

Classic Main	Beef & Mushroom Pie	Peri Peri Chicken Fajitas with Salad Sour Cream & Guacamole	Honey Roast Gammon with Parsley Sauce	Chilli, Cheese & Tortilla Bake	Creamy Vegetable & Spinach Stroganoff
Vegetarian	Lentil, Beer & Mushroom Pie	Mixed Vegetable Fajitas with Salad, Sour Cream & Guacamole	Butternut Squash & Ricotta Pasties	Vegetable & Three Bean Chilli Tortilla Bake	Vegan Thai Red Curry
Carbohydrates	Parsley Potatoes	Salt 'n' Pepper Wedges	Croquette Potatoes	Garlic & Herb Bread	Fragrant Braised Rice
Vegetable Choice	Medley of Vegetables	Mixed Salads	Petit Pois	Garlic Green Beans	Tenderstem Broccoli



BEDALES PRE-PREP LUNCH MENU - Week Three 16 Sep, 7 Oct, 11 Nov, 2 Dec

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Classic Main	Roast Beef Yorkshire Pudding Horseradish and Gravy	Breaded Pork Steaks served with a Creamy Apple and Thyme Sauce	Diced Chicken with a Curry Sauce	Beef Bolognaise	Hand Battered Cod Fillets
Vegetarian	Vegan Chicken & Leek Pie	Vegan Schnitzels	Vegan Curry	Vegetable, Herb & Bean Ragù	Battered Vegetarian Sausages
Carbohydrates	Rosemary Roasted Potatoes	Buttered Baby Potatoes	Pilau Rice	Penne & Garlic Bread	Skinny Fries
Vegetable Choice	Farmhouse Cabbage Carrot & Swede Mash	Broccoli	Onion Bhajis Poppadoms	Sweetcorn	Garden Peas
Dessert	Fresh Fruit Salad	Syrup Sponge & Custard	Assorted Melon	Fruit Trifle	Selection of Berries

A SELECTION OF SALADS AT THE SALAD BAR, CUT FRUITS & COLD DESSERTS AVAILABLE DAILY

SWALLOW SUPPER CLUB - Week Three

Classic Main	Cod Goujons with Tartare Sauce & Lemon	Mini Beef Meatballs in a Tomato Sauce	Roasted Vegetable & Spinach Lasagne	Lamb, Coriander & Chilli Cutlets with Pea Puree	Thai Red Chicken and Lemongrass Curry
Vegetarian	Vegan Fishless Fingers	Vegan Meatballs in a Tomato Sauce	Roasted Pumpkin, Lentil & Feta Pithivier	Broccoli & Stilton Quiche	Lentil and Coconut Dhal
Carbohydrates	Skinny Fries	Spaghetti	Crushed New Potatoes with Spring Onions	Harissa Potatoes	Fragrant Jasmine Rice
Vegetable Choice	Mushy Peas	Mixed Salads	Sautéed Green Beans	Grilled Tomatoes & Portobello Mushrooms	Vegetable Samosas Naan Bread