



BEDALES SENIOR LUNCH MENU – Week One

6th, 27th Jan, 24th Feb, 17th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Homemade Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	---	---
Classic Main	Olde English Sausages in a Red Onion Gravy	Homemade Chicken Kiev's with a Red Pepper Sauce	Roast Beef and Yorkshire Puddings	Chicken Korma	Oriental Tuna Steaks on a Bed of Green Beans, Potato and Cherry Tomato Campania Style Crispy Battered Cod Fillets	Jumbo Hot Dogs in a Brioche Bun with Sautéed Onions & Relish	Roast Pork with Apple Sauce
Vegetarian	Vegan Lincolnshire Sausages	Peruvian Burritos with Salsa Verde	Mushroom & Tarragon Strudel with a Madeira Sauce	Creamy Vegan Mushroom and Tofu Curry	Stuffed Beef Tomatoes with Cous Cous and a Mozzarella Glaze	Vegan Meatless Burgers in a Sourdough Bun	Vegan Toad in the Hole
Jacket Potato & Pasta Bar	Prawns in Marie Rose Sauce Creamy Tomato Baked Beans Grated Cheddar	Garlic Mushrooms Penne Arrabbiata Baked Beans Grated Cheddar	Tuna Mayonnaise Wholemeal Fusilli Creamy Pesto Baked Beans Grated Cheddar	Red Pesto Macaroni cheese Baked beans Grated cheddar	Coronation Chicken Wholemeal Fusilli Creamy Pesto Baked Beans Grated Cheddar	---	---
Carbohydrates	Parsley Mashed Potatoes	New Potatoes	Roasted Thyme Potatoes	Pilau Rice	Dauphinoise Potatoes French Fries	Sautéed Potatoes	Roast Potatoes
Vegetable Choice	Peas Vichy Carrots	Sautéed French Beans	Buttered Savoy Cabbage Baton Carrots Cauliflower Cheese	Onion Bhaji Naan Bread Mango Chutney	Garden Peas	Barbecue Beans Gherkins Lettuce Tomatoes Red Onions	Broccoli Roast Parsnips Carrots Gravy
Dessert	Rice Pudding & Jam Sauce	Apple Strudel & Custard	Bedales Fruit Mess	Homemade Lemon Curd Sponge and Custard	Treacle Tart & Crème fraiche	Homemade Cakes	Selection of Desserts

A SELECTION OF HOMEMADE BREADS, SALAD BAR, CUT FRUITS & COLD DESSERTS AVAILABLE DAILY

BEDALES SENIOR SUPPER MENU – Week One

6th, 27th Jan, 24th Feb, 17th March



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Homemade Bread	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Theme Night	Assorted Bread Basket
Classic Main	Crispy Chilli Beef Stir Fry	Miami Vegan Burgers in a Brioche Bun	Homemade Pizzas with a Selection of Toppings	Herbed Pork & Lemon Escalope with a Tomato Sauce	Sirloin Steak with a Creamy Peppercorn Sauce	Theme Night	Chef's Choice
Vegetarian	Vegetable Stir Fry	Vegetable Burgers	Homemade Vegan Pizzas	Beetroot & Squash Wellington with a Kale Pesto	Mozzarella Dippers	Theme Night	Chef's Choice
Carbohydrates	Egg Fried Rice	Selection of Salads Fried Onions	Chipped Potatoes	Boulangère Potatoes	New Potatoes Homemade Onion Rings	Theme Night	Chef's Choice
Vegetable Choice	Prawn Crackers Spring Rolls	Shredded Lettuce Jalapeno Houmous Spring Onion Sour Cream	Baked Beans Tossed Salad	French Beans	Roasted Balsamic Tomatoes with Leeks and Basil	Theme Night	Chef's Choice

A SELECTION OF FRESH SEASONAL FRUITS & YOGURTS AVAILABLE DAILY



BEDALES SENIOR LUNCH MENU – Week Two

13th Jan, 3rd Feb, 3rd, 24th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Homemade Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	---	---
Classic Main	Poacher's Chicken with Homemade BBQ Sauce	Vegan Cottage Pie	Teriyaki Pork Stir Fry	Beef, Stilton, Red Wine & Mushroom Pie	Breaded Scampi Seafood Paella	Assorted Stone Baked Vegetarian Pizzas	Roast Lamb or Turkey
Vegetarian	Mushroom & Spinach Lasagne	Asparagus, Lemon, Mint & Parmesan Risotto	Tempura Vegetables with a Sweet Chilli Sauce	Vegan Chicken & Leek Pie	Vegan Meatless Nuggets	Assorted Stone Baked Vegetarian Pizzas	Vegetarian Meatloaf with Mushroom, Garlic & Cream Sauce
Jacket Potato & Pasta Bar	Wholemeal Fusilli Creamy Tomato Baked Beans Grated Cheddar	Penne Arrabbiata Baked Beans Grated Cheddar	Wholemeal Fusilli Tomato & Basil Baked Beans Grated Cheddar	Penne Red Pepper Baked Beans Grated Cheddar	Wholemeal Fusilli Creamy Pesto Baked Beans Grated Cheddar	---	---
Carbohydrates	Baby New Potatoes	---	Mixed Vegetable Chow Mein	Parsley Potatoes	French Fries New Potatoes	Salt & Pepper Potato Wedges	Thyme & Sea Salt Roasted Potatoes
Vegetable Choice	Roasted Portobello Mushroom & Cherry Tomatoes Braised Courgettes	Broad Bean & Pea Medley Leeks & Carrots	Tenderstem Prawn Crackers Vegetable Spring Rolls	Carrots Green Beans	Garden Peas	Tossed Salad Sweetcorn	Creamed Swede Braised Cabbage Carrots
Dessert	Apple & Blackberry Crumble with Custard	Banoffee Pie	Homemade Churros with Chocolate Sauce	Fresh Fruit Salad & Cream	Sticky Toffee Pudding & Custard	Black Cherry Cheesecake	Mixed Fruit Bread & Butter Pudding

A SELECTION OF HOMEMADE BREADS, SALAD BAR, CUT FRUITS & COLD DESSERTS AVAILABLE DAILY



BEDALES SENIOR SUPPER MENU – Week Two 13th Jan, 3rd Feb, 3rd, 24th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Homemade Bread	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Theme Night	Assorted Bread Basket
Classic Main	Roast Leg of Pork Apple Sauce Homemade Gravy	Chicken Jerk Strips	Rich Beef & Tomato Bolognese	Lamb Koftas Lamb & Apricot Tagine	Thai Chicken Curry	Theme Night	Nice Tea
Vegetarian	Vegan Meatless Sausages with Redcurrant Gravy	Southern Fried Quorn Strips	Vegan Mince & Tomato Bolognese	Vegan Falafel Balls with a Ragu Sauce	Lentil & Coconut Dhal	Theme Night	Nice Tea
Carbohydrates	Roasted Thyme & Sea Salt Potatoes	Tortilla Wraps Nachos Spicy Curly Fries	Tagliatelle Garlic Bread Grated Parmesan Cheese	Moroccan Cous Cous Pitta Breads	Pilau Rice Vegan Naan Breads	Theme Night	Nice Tea
Vegetable Choice	Braised Savoy Cabbage Steamed Carrots Peas	Guacamole Sour Cream Salsa Lettuce, Tomato & Red Onion	Tossed Salads	Roasted Peppers Greek Yogurt Shredded Lettuce	Mango Chutney Vegetable Samosas	Theme Night	Nice Tea

A SELECTION OF FRESH SEASONAL FRUITS & YOGURTS AVAILABLE DAILY



BEDALES SENIOR LUNCH MENU – Week Three

20th Jan, 10th Feb, 10th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Homemade Soup	Tomato	Chilli Bean	Sweet Potato & Corn Chowder	Mediterranean Pasta	Moroccan Chick Pea	---	---
Classic Main	Mongolian Beef With Crispy Vegetables	Pork Steaks with a Creamy Mushroom and White Wine Sauce	Vegetarian Pasta Day Ravioli Porcini with a Parmesan Cream Sauce	Chicken Katsu Curry	Red Pesto Crusted Cod Cod in Homemade Batter	Breaded Chicken Burgers with a Floured Bap	Roast Gammon
Vegetarian	Vegan Stir Fry	Southern Italian Ratatouille	Macaroni Cheese Red Pesto & Tomato Roasted Mediterranean Vegetable Lasagne	Hot & Sour Cauliflower & Courgette Green Lentil Dahl	Battered Vegan Sausages	Vegan Quarter Pounder	Vegan Lentil & Seed Nutless Roast
Jacket Potato & Pasta Bar	Baked Beans & Grated Cheddar Macaroni Cheese Tomato, Garlic & Basil	Baked Beans & Grated Cheddar Baby Spinach & Blue Cheese	Baked Beans & Grated Cheddar	Baked Beans & Grated Cheddar Butternut Squash Spicy Sausage	Baked Beans & Grated Cheddar Chicken & Asparagus	No Jackets	No Jackets
Carbohydrates	Chow Mein	Roast Baby Potatoes with Rosemary	Garlic & Herb Bread	Japanese Noodles	French Fries Buttered New Potatoes	Wedges	Roast Potatoes
Vegetable Choice	Tenderstem Broccoli Prawn Crackers	Medley of Vegetables	Tossed Italian Salad Stuffed Olives Pizza Slices	Onion Bhaji Naan Bread Mango Chutney	Petit Pois	Shredded Lettuce Sliced Tomato Red Onion Rings Garlic Mayo	Broccoli Carrots Winter Greens Gravy
Dessert	Double Chocolate Sponge With Chocolate Sauce	Apple Pie & Custard	Baked Alaska	Citron Tart & Crème Fraiche	Raspberry & White Chocolate Bread & Butter Pudding with Custard	Bakewell Tart with Vanilla Sauce	Rice Pudding With Jam Sauce

A SELECTION OF HOMEMADE BREADS, SALAD BAR, CUT FRUITS & COLD DESSERTS AVAILABLE DAILY



BEDALES SENIOR SUPPER MENU – Week Three

20th Jan, 10th Feb, 10th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket
Classic Main	Chicken & Leek Pie	Loaded Beef Burgers	Gammon Steaks Fried Eggs Pineapple	Chilli Con Carne	BBQ Pulled Pork Fajitas Salad & Dips	Theme Night	Chef's Choice
Vegetarian	Vegan Quorn, Leek & Soya Cream Pie	Breaded Vegetable Burgers	Mini Falafel Balls in a Rich Tomato Sauce	Sweet Potato & White Bean Chilli	Jack Fruit & Mixed Vegetable Fajitas with Salad & Dips	Theme Night	Chef's Choice
Carbohydrates	Croquette Potatoes	Potato Wedges	Mini Herb Parmentier Potatoes	Braised Rice	Wraps Southern Fried Wedges	Theme Night	Chef's Choice
Vegetable Choice	Steamed Broccoli Gravy	Gherkins Relish Cheese Salads	Garden Peas	Green Beans	Corn Cobs	Theme Night	Chef's Choice

A SELECTION OF FRESH SEASONAL FRUITS & YOGURTS AVAILABLE DAILY