



BEDALES PREP LUNCH MENU

2 Sep, 23 Sep, 14 Oct, 18 Nov, 9 Dec

	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	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	Southern Fried Chicken Burgers with Floured Baps	---
Vegetarian	Daal Makhani	Vegan Sausages with Onion Gravy	Vegetable Chow Mein	Vegan Bean & Vegetable Casserole	Sweet Potato & Spinach Lasagne	Vegetable $\frac{1}{4}$ Pounders in a Brioche Bun	---
Jacket Potato & Pasta Bar	Wholemeal Fusilli Creamy Tomato Baked Beans Grated Cheddar	Penne Arrabiata Vegan Chilli Grated Cheddar	Tricolour Pasta Basil Pesto Baked Beans Grated Cheddar	WORLD CUISINE DAY	Fusilli Pasta Creamy Tomato Baked Beans Grated Cheddar Tartare Sauce & Lemon Wedges	---	---
Carbohydrates	Mushroom Pilau Rice	Creamed Potatoes	Boiled Rice Prawn Crackers	Parsley Potatoes	French Fries	Skinny Fries	---
Vegetable Choice	Vegetable Samosas Garlic Naan Bread	Garden Peas	Tenderstem with Sesame Seeds	Steamed Broccoli	Garden Peas Baked Beans	Garden Peas Mixed Salads	---
Dessert	Lemon Meringue Pie	Tiramisu	Mixed Fruit Crumble & Custard	Raspberry Meringue Roulade	Apple Pie with Crème Anglaise	Chocolate Tart with Cream	---

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



BEDALES PREP SUPPER MENU

2 Sep, 23 Sep, 14 Oct, 18 Nov, 9 Dec

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Homemade Bread	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket
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	Chef's Special	Boarders' Nice Tea
Vegetarian	Vegan Cottage Pie	Cous Cous Fritters with Vegan Cheese	Vegan Wellington Slice	Creamy Mushroom Ciabatta	Falafel Balls with a Tomato Ragu Sauce	Chef's Special	Boarders' Nice Tea
Carbohydrates	Sweetcorn Carrots	Boulangère Potatoes	Roast Potatoes	Jacket Potato Wedges	Moroccan Cous Cous Pitta Breads	Chef's Special	Boarders' Nice Tea
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	Chef's Special	Boarders' Nice Tea

A SELECTION OF FRESH SEASONAL FRUITS & YOGURTS AVAILABLE DAILY



BEDALES PREP LUNCH MENU

9 Sep, 30 Sep, 4 Nov, 25 Nov

	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	Chicken Chasseur	Meatballs in a Tomato & Garlic Sauce	Braised Steak in a Redcurrant Gravy	Kung Po Chicken with Szechuan Peppercorns	Scampi & Lemon Battered Cod or Fish Fingers	Beef Burgers in a Sourdough Bun with Relish & Pickles	---
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	Vegan Beetroot Burgers in a Sourdough bun with Relish & Pickles	---
Jacket Potato & Pasta Bar	Wholemeal Fusilli Creamy Tomato Baked Beans Grated Cheddar	Penne Arrabbiatta Baked Beans Grated Cheddar	Macaroni Cheese Tomato & Basil Baked Beans Grated Cheddar	Penne Spicy Sausage Baked Beans Grated Cheddar	Wholemeal Fusilli Tagliatelle Carbonara Baked Beans Grated Cheddar	---	---
Carbohydrates	Parsley New Potatoes	Spaghetti	Creamed Potatoes	Egg Fried Rice Spring Rolls	Thick Cut Chips Buttered New Potatoes	Spiral Fries	---
Vegetable Choice	Green Beans	Tossed Salad Sweetcorn	Braised Leeks	Stir Fried Broccoli with Soy & Sesame Seeds	Petit Pois	Baked Beans Lettuce Tomato Red Onion Cheese	---
Dessert	Bakewell Tart	Chocolate Mousse	Raspberry & White Chocolate Bread & Butter Pudding with Custard	Baked Alaska	Sticky Toffee Pudding & Custard	Selection of Homemade Cakes	---

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



BEDALES PREP SUPPER MENU - Week Two

9 Sep, 30 Sep, 4 Nov, 25 Nov

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Homemade Bread	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket
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	Chef's Special	Boarders' Nice Tea
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	Chef's Special	Boarders' Nice Tea
Carbohydrates	Parsley Potatoes	Salt 'n' Pepper Wedges	Croquette Potatoes	Garlic & Herb Bread	Fragrant Braised Rice	Chef's Special	Boarders' Nice Tea
Vegetable Choice	Medley of Vegetables	Mixed Salads	Petit Pois	Garlic Green Beans	Tenderstem Broccoli	Chef's Special	Boarders' Nice Tea

A SELECTION OF FRESH SEASONAL FRUITS & YOGURTS AVAILABLE DAILY



BEDALES PREP LUNCH MENU - Week Three

16 Sep, Oct, 11 Nov, 2 Dec

	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	Roast Beef Yorkshire Pudding Horseradish and Gravy	Breaded Pork Steaks with a Creamy Apple and Thyme Sauce	Beef Madras Chicken Korma Lamb Jalfrezi	Beef Bolognaise	Hand Battered Cod Fillets Seafood Paella	Fill Your Own Sub Sweet Chilli Chicken or Bolognese	---
Vegetarian	Vegan Chicken & Leek Pie	Vegan Schnitzels	Vegan Korma	Vegetable, Herb & Bean Ragu	Battered Vegetarian Sausages	Fill Your Own Sub Cajun Spiced Vegetables	---
Jacket Potato & Pasta Bar	Wholemeal Fusilli Creamy Tomato Baked Beans Grated Cheddar	Penne Red Pesto & Tomato Baked Beans Grated Cheddar	Wholemeal Fusilli Ravioli with Roasted Vegetables Baked Beans Grated Cheddar	Lemon & Asparagus Penne Baked Beans Grated Cheddar	Wholemeal Fusilli Macaroni Cheese Baked Beans Grated Cheddar	---	---
Carbohydrates	Rosemary Roasted Potatoes	Buttered Baby Potatoes	Pilau Rice	Penne & Garlic Bread	Skinny Fries	Mild Chilli Wedges	---
Vegetable Choice	Farmhouse Cabbage Carrot & Swede Mash	Broccoli	Onion Bhajis Poppadoms	Sweetcorn	Garden Peas	Spicy Sweetcorn	---
Dessert	Bedales Autumnal Fruit Mess	Syrup Sponge & Custard	Baked Pear & Chocolate Cheesecake	Fruit Trifle	Chocolate Sponge & Chocolate Sauce	Selection of Homemade Cakes	---



BEDALES PREP SUPPER MENU - Week Three 16 Sep, Oct, 11 Nov, 2 Dec

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Homemade Bread	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket	Assorted Bread Basket
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	Chef's Special	Boarders' Nice Tea
Vegetarian	Vegan Fishless Fingers	Vegan Meatballs in a Tomato Sauce	Roasted Pumpkin, Lentil & Feta Pithivier	Broccoli & Stilton Quiche	Lentil and Coconut Dhal	Chef's Special	Boarders' Nice Tea
Carbohydrates	Skinny Fries	Spaghetti	Crushed New Potatoes with Spring Onions	Harissa Potatoes	Fragrant Jasmine Rice	Chef's Special	Boarders' Nice Tea
Vegetable Choice	Mushy Peas	Mixed Salads	Sautéed Green Beans	Grilled Tomatoes & Portobello Mushrooms	Vegetable Samosas Naan Bread	Chef's Special	Boarders' Nice Tea

A SELECTION OF FRESH SEASONAL FRUITS & YOGURTS AVAILABLE DAILY