

# Breakfast Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Everyday...</b>	<p>A selection of breakfast cereals with toppings and fresh milk            A selection of Toasts and breads with preserves            • • •            Homemade yoghurt pots,            fresh cut and dried fruit            • • •            Tea, coffee, hot chocolate, fruit juice and smoothies</p>						
<b>Breakfast Specials</b>	English breakfast muffins	Pain au chocolat	Porridge with various toppings	American Pancakes with syrup	Fruity breakfast muffins	Cinnamon and raisin bagels	<b>The St Bede's Big Brunch</b>
	Bacon, hash browns and grilled Toms	Scrambled eggs with Baked beans	Sausage, Mushrooms and Plum toms	Bacon with Beans and fried eggs	Scrambled eggs, grilled tomatoes	Bacon baked beans and poached eggs	

# Lunch Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Selection of home baked breads, toppings and accompaniments						
<b>Main meals</b>	Shepherd's pie with a cheesy mash topping	Roasted chicken	Traditional beef lasagne	<b>Chinese takeaway!</b> Sweet chilli beef stir fry	Battered Pollock fillet with tartare sauce and lemon	Beef Pasta bake	<b>St Bede's Big Brunch</b>  <b>The top 4!</b>  Eggs sunny side up! Cumberland sausage Bacon Potato and feta cakes  Avocado toast with lime pepper and coriander
	Chicken korma	Irish Stew	Braised Chicken with Tarragon		Chicken with black bean sauce	Steak and potato pie	
<b>Vegetarian</b>	Lentil and tomato hotpot	Leek, mushroom risotto	3 bean Stew	Quorn and vegetable stir fry with ginger	Puff pastry tart with roast vegetables and mozzarella cheese	Five bean pasta bake	
<b>Jackets and Pasta</b>	Jacket potato and pasta bar available daily with speciality toppings and sauces						
<b>On the Side...</b>	Steamed rice French beans Buttered sweetcorn	Roasted new potatoes Batton carrots Peas	Roasted new potatoes Buttered cabbage Roasted Pumpkin	Egg noodles Vegetable rice Broccoli	Chipped potatoes Peas Sweetcorn	Baked Jacket wedges Sweetcorn Green mixed salad	
<b>Dessert</b>	Apple crumble with cream	Upside down peach cake	Warm carrot cake	Sticky glazed lemon sponge with custard	Cornflake treacle tart with custard	Apple and blackberry crumble and cream	
<b>Fruit &amp; Yoghurt</b>	Fruit salad pots and selection of seasonal fresh fruit served in peak condition, ripened and ready to eat. Daily selection of homemade yoghurt, dessert and custard pots.						

# Supper Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Meal	Lamb Tagine with couscous	Tuna fish cakes with lemon herb sauce	Cajun pork chops	Steak and cheese pie	Cumberland Sausages with a rich onion gravy  Macaroni cheese	<b>American night</b> Homemade beef or chicken burgers	Roast Beef and Yorkshire puddings
Vegetarian	Pumpkin, Feta and spinach bake	Peppers stuffed with spicy sweet potato and Courgettes	Mushroom, celery and white bean stroganoff	Mushroom, courgette and red pepper frittata		Spicy Quorn burgers With a variety of toppings	Mixed bean cassoulet
On the Side...	Oven baked wedges Spicy Red Cabbage Crushed swede	Lyonnaise potatoes Broccoli courgettes	Creamy mash Roasted root vegetables Green beans	Oven baked wedges Wilted spinach Honey roast carrots	Creamy mashed potatoes  Green beans	Spicy wedges with sour cream  Corn on the cob Baked beans	Roast Potatoes  Cauliflower cheese Carrots
Dessert	Strawberry Mousse	Pear and sultana cake with cream	Jam roly poly and vanilla sauce	Lemon Cake	Apple flapjack with honey yoghurt	Mississippi mud cake	Vanilla ice cream with toppings
Fruit and Yoghurts	Fruit salad pots and a selection of seasonal fresh fruit served in peak condition, ripened and ready to eat.						