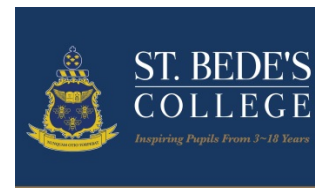


Lunch for Senior - Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Tomato and Roasted Red Pepper	Sweet Potato and Coconut	Cream Of Vegetable	Cauliflower and Cheddar	Tomato and Vegetable
	Served with Homemade Bread and Condiments				
Main Courses Main Dining Room & Joseph Refectory	Chunky Beef Madras and Poppadum and Raita	Sweet Chilli and Vegetable Chicken Wrap & Crème Fraiche	Cumberland Pork Sausages	Chicken and Stir Fry Vegetable Taco & Tomato Relish	Battered Haddock
	Stuffed Pepper With Vegetables	Cheese and Tomato Pasta Bake	Roasted Quorn Sausage	Provençale Vegetables With A Thai Spiced Crust	Roasted Vegetable Enchiladas Salsa and Crème Fraiche
Main Side	Brown Rice	Sauté Potatoes	Cheesy Mash Potato and Fried Onions	Steamed Rice and Spring Onions	Chunky Chips
Optional Side	Broccoli and Sugar Snaps	Green Beans	Garden Peas	Roasted Carrots	Garden or Mushy Peas
6th Form Street Food	Beef Madras Rice and Poppadoms	Sweet Chilli and Vegetable Chicken Wrap	Cumberland Sausages, Cheesy Mash, Minted Peas, Gravy	Chicken and Stir Fry Vegetable Taco Grated Cheese and Salsa	Fish of The Day
	Served with Homemade Bread and Condiments				
Jacket Bar	Jacket Potato Bar with Choice of Fillings				
Sandwiches	Selection of Freshly Made Sandwiches and Baguettes				
Salad Bar	Deli Salads, Vine tomatoes, Cucumber, Grated Carrot, Sweetcorn, Mixed Leaves and Homemade Dressings				
Desserts	Chocolate Brownie	Apple Pie	Chocolate Sponge	Red Berry Sponge	Rice Pudding
	Seasonal Fruit Yoghurt Pot	Salted Caramel Mousse	Tiramisu	Cherry Yoghurt	Lemon Mousse
	Selection of Home Baked Cakes and Fruit Pots				

Lunch for Senior - Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Harissa Roasted Carrot	Baked Squash With Coriander	Plum Tomato Red Onion and Rocket	Corn Chowder and Roasted Peppers	Roasted Tomato and Vegetable
	Served with Homemade Bread and Condiments				
Main Courses Main Dining Room & Joseph Refectory	Herb Spaghetti Bolognese Grated Parmesan	BBQ Chicken Thighs	Traditional Cottage Pie & Gravy	St Bede'S Pasta Bar	Battered Haddock
	Mac and Cheese	Butternut and Pepper Frittata Onion Marmalade	Thai Green Vegetable Curry and Wholemeal Rice		Gnocchi With Sweet Potato and Baby Spinach
Main Side	Garlic Bread	Garlic New Potatoes	Savoy Cabbage	Focaccia Bread	Chunky Chips
Optional Side	Roasted Root Vegetables In Thyme	Green Beans	Roasted Glazed Carrots	Peas and Corn	Garden or Mushy Peas
6th Form Street Food	Beef Enchillada Sour Cream and Guacamole	Homemade Pizza, Selection BBQ Chicken Or Vegetable	Thai Chicken Curry and Braised Rice	Pasta Bar With Garlic Bread	Fish of The Day
	Served with Homemade Bread and Condiments				
Jacket Bar	Jacket Potato Bar with Choice of Fillings				
Sandwiches	Selection of Freshly Made Sandwiches and Baguettes				
Salad Bar	Deli Salads, Vine tomatoes, Cucumber, Grated Carrot, Sweetcorn, Mixed Leaves and Homemade Dressings				
Desserts	Apple and Red Berry Crumble	Sticky Toffee Pudding	Jaffa Sponge	Chocolate Bread and Butter Pudding	Rice Pudding
	Banoffee Pot	Chocolate Pot	Vanilla Cheesecake	Blueberry Fool	Lemon Mousse
	Selection of Home Baked Cakes and Fruit Pots				

Lunch for Senior - Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Red Onion Potato and Leek	Chunky Summer Vegetable	Cream Of Tomato	Indian Chickpea and Vegetable Soup	Courgette Pea and Sour Cream
	Served with Homemade Bread and Condiments				
Main Courses Main Dining Room & Joseph Refectory	Meatballs and Caramelised Onion Gravy	Breaded Turkey Escalope and Tomato Sauce	Bacon and Cheese Pasta	Crispy Tempura Chicken With BBQ Sauce	Battered Fish Of The Day, Lemon Wedges and Tartare Sauce
	Baked Sweet Potato and Grilled Vegetables	Noodles With oriental Vegetables	Summer Vegetable Risotto With Parmesan Crust	Feta and Vegetable Flat Bread	Stuffed Tomato and Vegetable Parcels
Main Side	Crushed New Potatoes	Sauté Potatoes	Wedges	Crushed New Potatoes	Chunky Chips
Optional Side	Roasted Roots	Chargrilled Broccoli	Snaps and Peas	Steamed Vegetables	Garden or Mushy Peas
6th Form Street Food	Homemade Beef Burgers, Chips, Salads	Cajun Turkey Fatijis, Wedges, Rainbow Slaw	Streaky Bacon and Cheese Pasta	Crispy Tempura Chicken and BBQ Sauce	Fish of The Day
	Served with Homemade Bread and Condiments				
Jacket Bar	Jacket Potato Bar with Choice of Fillings				
Sandwiches	Selection of Freshly Made Sandwiches and Baguettes				
Salad Bar	Deli Salads, Vine tomatoes, Cucumber, Grated Carrot, Sweetcorn, Mixed Leaves and Homemade Dressings				
Desserts	Lemon Drizzle	Toffee Apple Pudding	Bakewell Tart	Steamed Jam Sponge	Rice Pudding
	Yoghurt and Granola	Toffee Cranachan	Raspberry Panna Cotta	Lemon Curd Syllabub	Apple & Blackberry Fool
	Selection of Home Baked Cakes and Fruit Pots				