

# St Bede's R.C High School

## Food and Drink Example Menu 2020



Believe all things are possible 

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Also Available</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>Bacon Butty</li> <li>Toast</li> <li>Fruit/Yogurts</li> <li>Drinks</li> </ul>	<ul style="list-style-type: none"> <li>Poco/Toast</li> <li>Fruit/Yogurts</li> <li>Jelly</li> <li>Drinks</li> </ul>	<ul style="list-style-type: none"> <li>Poco/Toast</li> <li>Fruit/Yogurts</li> <li>Jelly</li> <li>Drinks</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Toast</li> <li>Jelly/Yogurts</li> <li>Toast</li> <li>Drinks</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Toast</li> <li>Toast</li> <li>Jelly/Yogurts</li> <li>Drinks</li> </ul>	<b>Everyday</b> ❖ Mixed Salad ❖ Coleslaw ❖ Tuna ❖ Assorted chicken fillings
<b>Break</b>	<ul style="list-style-type: none"> <li>Toast</li> <li>Water</li> <li>Yogurts</li> <li>Jelly</li> </ul>	<ul style="list-style-type: none"> <li>Fruit</li> <li>Yogurts</li> <li>Drinks</li> <li>Jelly</li> </ul>	<ul style="list-style-type: none"> <li>Fruit</li> <li>Yogurts/Jelly</li> <li>Drinks</li> <li>Toast/Bagels</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Toast</li> <li>Toast</li> <li>Yogurts/Jelly</li> <li>Drinks</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Toast</li> <li>Toast</li> <li>Yogurts/Jelly</li> <li>Drinks</li> </ul>	
<b>Dinner</b>	<ul style="list-style-type: none"> <li>Chicken Burgers</li> <li>Cheese and Tomato Calzone</li> </ul>	<ul style="list-style-type: none"> <li>Pasta King</li> <li>Chicken Fajita Wrap</li> </ul>	<ul style="list-style-type: none"> <li>Chicken &amp; Chorizo Flatbread</li> <li>Chicken Tikka Flatbread</li> <li>Hunters Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Curry and Rice</li> <li>Meat Lasagne</li> </ul>	<ul style="list-style-type: none"> <li>Wedges</li> <li>Cheese Flan</li> <li>Salmon and Broccoli Flan</li> </ul>	
<b>Vegetarian Dinner</b>	<ul style="list-style-type: none"> <li>Quorn Bolognese with Spaghetti</li> <li>Jacket Potato</li> <li>Garlic Bread</li> <li>Fish Burger</li> <li>Vegan Burgers</li> </ul>	<ul style="list-style-type: none"> <li>Veg. Pasta King</li> <li>Jacket Potato</li> <li>Tomato Pasta Bake</li> <li>Garlic Bread</li> </ul>	<ul style="list-style-type: none"> <li>Veg. Lasagne</li> <li>Jacket Potato</li> <li>Garlic Bread</li> </ul>	<ul style="list-style-type: none"> <li>Tomato Tagliatelle</li> <li>Jacket Potato</li> <li>Garlic Bread</li> </ul>	<ul style="list-style-type: none"> <li>Spaghetti and Quorn Meatball</li> <li>Jacket Potatoes</li> <li>Garlic Bread</li> </ul>	
<b>Sides</b>	<ul style="list-style-type: none"> <li>Mash</li> <li>Beans</li> <li>Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Mash</li> <li>Beans</li> <li>Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Mash</li> <li>Beans</li> <li>Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Mash</li> <li>Beans</li> <li>Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Mash</li> <li>Beans</li> <li>Vegetables</li> <li>Ravioli</li> </ul>	
<b>Puddings</b>	<ul style="list-style-type: none"> <li>Flapjack</li> <li>Lemon Cake</li> </ul>	<ul style="list-style-type: none"> <li>Apple Crumble and Custard</li> <li>Shortbread Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>Viennese Whirls</li> <li>Carrot Cake</li> <li>Raspberry Buns</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate/Strawberry Mousse</li> <li>Vanilla Sponge and Custard</li> <li>Ginger Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate Brownie</li> <li>American Cookies</li> </ul>	
<b>Sandwich Bar</b>	Assorted Panini's, Sandwiches and T-cakes Tomato Pasta Pot Tuna past Pot Wraps/Salads Biscuits Drinks Chicken Burgers	Assorted Panini's, Sandwiches and T-cakes Tomato Pasta Pot Tuna past Pot Wraps/Salads Biscuits Drinks	Assorted Panini's, Sandwiches and T-cakes Tomato Pasta Pot Tuna past Pot Wraps/Salads Biscuits Drinks	Assorted Panini's, Sandwiches and T-cakes Tomato Pasta Pot Tuna past Pot Wraps/Salads Biscuits Drinks	Assorted Panini's, Sandwiches and T-cakes Tomato Pasta Pot Tuna past Pot Wraps/Salads Biscuits Drinks	

**MENUS  
MAY  
VARY**

<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Also Available</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>Bacon T-cake</li> <li>Toast</li> <li>Fruit/Yogurts</li> <li>Water/Drinks</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Pocos</li> <li>Toast</li> <li>Yogurts/Fruit</li> <li>Water/Drinks</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Pocos</li> <li>Toast</li> <li>Yogurts/Fruit</li> <li>Water/Drinks</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Toast</li> <li>Toast</li> <li>Yogurts/Fruit</li> <li>Water/Drinks</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Toast</li> <li>Toast/Yogurts</li> <li>Fruit</li> <li>Water/Drinks</li> </ul>	<p><b><u>Everyday</u></b></p> <ul style="list-style-type: none"> <li>❖ Mixed Salad</li> <li>❖ Coleslaw</li> <li>❖ Tuna</li> <li>❖ Assorted chicken fillings</li> </ul> <p><b>MENUS MAY VARY</b></p>
<b>Break</b>	<ul style="list-style-type: none"> <li>Toast</li> <li>Water</li> <li>Yogurts</li> <li>Jelly</li> </ul>	<ul style="list-style-type: none"> <li>Fruit</li> <li>Yogurts</li> <li>Jelly</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Toast/Bagels</li> <li>Yogurts</li> <li>Jelly</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Toast</li> <li>Toast</li> <li>Yogurts/Fruit</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Toast</li> <li>Toast</li> <li>Yogurts/Fruit</li> <li>Water</li> </ul>	
<b>Dinner</b>	<ul style="list-style-type: none"> <li>Chicken Burgers</li> </ul>	<ul style="list-style-type: none"> <li>Pasta King</li> <li>Mince Casserole</li> <li>Chicken and Chorizo Flatbread</li> </ul>	<ul style="list-style-type: none"> <li>Meat Pie</li> <li>Gammon Dinner</li> <li>Meat and Potato Pie</li> </ul>	<ul style="list-style-type: none"> <li>Meat Lasagne</li> <li>Sausage Rolls</li> </ul>	<ul style="list-style-type: none"> <li>Wedges</li> <li>Fish/Fish Fingers</li> <li>Salmon En Croute</li> </ul>	
<b>Vegetarian Dinner</b>	<ul style="list-style-type: none"> <li>Fish Burger</li> <li>Jacket Potatoes</li> <li>Quorn Chilli</li> <li>Cheese/Tomato Calzone</li> <li>Vegan Burger</li> </ul>	<ul style="list-style-type: none"> <li>Veg. Pasta King</li> <li>Jacket Potatoes</li> <li>Vegetable Stir Fry</li> </ul>	<ul style="list-style-type: none"> <li>Macaroni Cheese</li> <li>Quorn Meat Pie</li> <li>Vegan Meat Pie</li> </ul>	<ul style="list-style-type: none"> <li>Herbi Spaghetti</li> <li>Jacket Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>Quorn Meatballs and Spaghetti</li> <li>Jacket Potatoes</li> </ul>	
<b>Sides</b>	<ul style="list-style-type: none"> <li>Mash</li> <li>Beans</li> <li>Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Mash</li> <li>Beans</li> <li>Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Mash</li> <li>Beans</li> <li>Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Mash</li> <li>Beans</li> <li>Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Mash</li> <li>Beans</li> <li>Veg/Mushy Peas</li> <li>Ravioli</li> </ul>	
<b>Puddings</b>	<ul style="list-style-type: none"> <li>Flapjack</li> <li>Apple Crumble and Custard</li> </ul>	<ul style="list-style-type: none"> <li>Shortbread Biscuits</li> <li>Rice Pudding</li> </ul>	<ul style="list-style-type: none"> <li>Rainbow Sponge and Custard</li> <li>Iced Mandarin Cake</li> <li>Plain Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>Shortbread Biscuits</li> <li>Butterfly Buns</li> <li>Jam and Cream Scone</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate Sponge with Custard</li> <li>American Cookies</li> </ul>	
<b>Sandwich Bar</b>	<ul style="list-style-type: none"> <li>Assorted Panini's, Sandwiches and T-cakes</li> <li>Tomato Pasta Pot</li> <li>Tuna past Pot</li> <li>Wraps/Salads</li> <li>Biscuits</li> <li>Drinks</li> <li>Chicken Burgers</li> </ul>	<ul style="list-style-type: none"> <li>Assorted Panini's, Sandwiches and T-cakes</li> <li>Tomato Pasta Pot</li> <li>Tuna past Pot</li> <li>Wraps/Salads</li> <li>Biscuits</li> <li>Drinks</li> </ul>	<ul style="list-style-type: none"> <li>Assorted Panini's, Sandwiches and T-cakes</li> <li>Tomato Pasta Pot</li> <li>Tuna past Pot</li> <li>Wraps/Salads</li> <li>Biscuits</li> <li>Drinks</li> </ul>	<ul style="list-style-type: none"> <li>Assorted Panini's, Sandwiches and T-cakes</li> <li>Tomato Pasta Pot</li> <li>Tuna past Pot</li> <li>Wraps/Salads</li> <li>Biscuits</li> <li>Drinks</li> </ul>	<ul style="list-style-type: none"> <li>Assorted Panini's, Sandwiches and T-cakes</li> <li>Tomato Pasta Pot</li> <li>Tuna past Pot</li> <li>Wraps/Salads</li> <li>Biscuits</li> <li>Drinks</li> </ul>	

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Also Available</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>Bacon T-cake</li> <li>Toast</li> <li>Fruit/Yogurts</li> <li>Water/Drinks</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Pocos</li> <li>Toast</li> <li>Fruit/Yogurts</li> <li>Water/Drinks</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Pocos</li> <li>Toast</li> <li>Fruit/Yogurts</li> <li>Water/Drinks</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Toast</li> <li>Toast</li> <li>Fruit/Yogurts</li> <li>Water/Drinks</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Toast</li> <li>Toast</li> <li>Fruit/Yogurts</li> <li>Water/Drinks</li> </ul>	<b>Everyday</b> ❖ Mixed Salad ❖ Coleslaw ❖ Tuna ❖ Assorted chicken fillings  <b>MENUS MAY VARY</b>
<b>Break</b>	<ul style="list-style-type: none"> <li>Toast</li> <li>Water</li> <li>Yogurts</li> <li>Jelly</li> </ul>	<ul style="list-style-type: none"> <li>Fruit</li> <li>Water</li> <li>Yogurts</li> <li>Jelly</li> </ul>	<ul style="list-style-type: none"> <li>Toast/Bagels</li> <li>Water</li> <li>Yogurts</li> <li>Jelly</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Toast/Toast</li> <li>Water</li> <li>Yogurts</li> <li>Jelly</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Toast/Toast</li> <li>Water</li> <li>Yogurts</li> <li>Jelly</li> </ul>	
<b>Dinner</b>	<ul style="list-style-type: none"> <li>Chicken Burgers</li> <li>Meat Lasagne</li> </ul>	<ul style="list-style-type: none"> <li>Pasta King</li> <li>Steak Pie</li> </ul>	<ul style="list-style-type: none"> <li>Sausage Dinner</li> <li>Chicken Tikka Flatbread</li> </ul>	<ul style="list-style-type: none"> <li>Cottage Pie</li> <li>Chicken Breast</li> <li>Seasoned Chicken Wraps</li> </ul>	<ul style="list-style-type: none"> <li>Wedges</li> <li>Cheese and Onion Pie</li> <li>Cheese and Potato Pie</li> </ul>	
<b>Vegetarian Dinner</b>	<ul style="list-style-type: none"> <li>Fish Burger</li> <li>Jacket Potatoes</li> <li>Chilli Rice Wraps</li> <li>Vegan Burgers</li> </ul>	<ul style="list-style-type: none"> <li>Pasta King</li> <li>Veg. Stir Fry</li> <li>Jacket Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>Quorn Spaghetti Bolognese</li> <li>Jacket Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable Lasagne</li> <li>Jacket Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>Quorn Meatballs and Spaghetti</li> <li>Jacket Potatoes</li> </ul>	
<b>Sides</b>	<ul style="list-style-type: none"> <li>Mash</li> <li>Beans</li> <li>Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Mash</li> <li>Beans</li> <li>Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Mash</li> <li>Beans</li> <li>Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Mash</li> <li>Beans</li> <li>Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Mash</li> <li>Beans</li> <li>Vegetables</li> <li>Ravioli</li> </ul>	
<b>Puddings</b>	<ul style="list-style-type: none"> <li>Chocolate Orange Cake</li> <li>Flapjack</li> </ul>	<ul style="list-style-type: none"> <li>Ginger Sponge and Custard</li> <li>Shortbread Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>Jam and Cream Cake</li> <li>Ginger Biscuits</li> <li>Rice Pudding</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Scones</li> <li>Decorative Buns</li> <li>Cupcakes</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate Sponge with Custard</li> <li>American Cookies</li> </ul>	
<b>Sandwich Bar</b>	Assorted Panini's, Sandwiches and T-cakes Tomato Pasta Pot Tuna past Pot Wraps/Salads Biscuits Drinks Chicken Burgers	Assorted Panini's, Sandwiches and T-cakes Tomato Pasta Pot Tuna past Pot Wraps/Salads Biscuits Drinks	Assorted Panini's, Sandwiches and T-cakes Tomato Pasta Pot Tuna past Pot Wraps/Salads Biscuits Drinks	Assorted Panini's, Sandwiches and T-cakes Tomato Pasta Pot Tuna past Pot Wraps/Salads Biscuits Drinks	Assorted Panini's, Sandwiches and T-cakes Tomato Pasta Pot Tuna past Pot Wraps/Salads Biscuits Drinks	