

	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Meal	Greek style baked chicken with lemon and crushed coriander seeds H	Pie of the day served with rich gravy H	Maple glazed gammon with apricot sweet gravy	Lamb and potato Keema curry H	Breaded baked cod with lemon and parsley sauce	
Main Meal 2	Breaded pork steak with apple, rocket and baked blue cheese	Spring beef casserole	Creamy chicken alfredo pasta H	Garlic, honey and ginger baked chicken	Cumberland hot dogs with onions	
Vegetarian	Spanakopita with pickled vegetables	Vegan shepherd's pie	Butternut squash and feta risotto cakes	Courgette and sweet potato fritters with sweet chilli	Root vegetable and chilli tacos with lime salsa	
On the Side	Steamed rice Cauliflower gratin Steamed sweetcorn	Balsamic new potatoes Garden peas Red cabbage	Rosemary roasted potatoes Seasonal steamed vegetables	Lemon and herb rice Steamed sweetcorn Courgettes	Chips Garden peas Baked beans	
Jacket Potato Bar	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day	
Pasta Bar	Tomato and Italian herbs	Tomato and pesto sauce	Tomato with rocket	Tomato and pepper	Pasta with red pepper sauce	
Sandwich & Panini Bar	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	
Something cold	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	
Something Sweet	Apple and oat cookies	Chocolate and raspberry cake	Superfood flapjack	Lemon meringue cupcakes	Ice cream pots	
Fruit & Dessert	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.					

Bedford Modern School.

Week 2

W/c 26 April

	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Meal	Hoy sin pork with peppers and bean sprouts	Cumberland sausages with tomato and red onion chutney	Rosemary roast turkey with cranberry sauce H	Creamy beef stroganoff H	Breaded baked cod with lemon and parsley sauce	
Main Meal 2	Sticky sesame chicken with mango and tomato	Beef and olive ragu H	Homemade chicken pie	Jerk chicken with pineapple salsa	Pulled BBQ brisket of beef in a bap	
Vegetarian	Macaroni cheese topped with sundried tomato and rocket	Goats cheese and tomato tart tatin	Spinach and cream cheese stuffed cannelloni	Butternut squash and sweet potatoes tortillas	Sticky vegetables with Indian spiced cous cous	
On the Side	Steamed lemon and herb rice Cauliflower Minted courgettes	Mashed potatoes Fine green beans Roasted roots	Traditional herby roast potatoes Steamed greens	Steamed rice Braised red cabbage Sweetcorn	Chips Baked beans Freshly steamed peas	
Jacket Potato Bar	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day	
Pasta Bar	Tomato and oregano	Tomato and black olive	Green pesto roasted vegetables	Creamy leek thyme	Slow roasted tomato and pepper	
Sandwich & Panini Bar	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	
Something cold	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	
Something Sweet	Sticky lemon cake with elderflower icing	Key lime cupcakes	Chocolate and banana brownie	Peach melba cake	Strawberry scones	
Fruit & Dessert	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.					

 $\boldsymbol{\mathsf{H}}$ - Halal option available

Bedford Modern School.

Week 3

W/c 4 May

	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Meal	Sri Lankan chicken curry with mango chutney H	Beef tagine with harissa spiced onions H	Roast pork shoulder served with apple sauce and rich gravy	Spicy beef tacos and minted yoghurt H	Battered fish of the day with tartare sauce and lemon wedge H	
Main Meal 2	Minted lamb and chickpea wraps with yoghurt dip	Gammon steaks with pineapple	Lamb and barley shepherd's pie H	Sweet and sour chicken	Cajun pulled chicken burger	
Vegetarian	Falafels served on pitta bread and humus	Vegetable moussaka with apple tzatziki	Pepper and Red Leicester quiche	Lentil, pepper and spinach Balti	Cheese and pesto pastry swirls with onion jam	
On the Side	Coriander spiced rice Spiced steamed carrots Sweetcorn	Roasted potatoes Garden peas Paprika courgettes	Thyme roasted potatoes Seasonal steamed vegetables	Mediterranean spiced rice Braised red cabbage Cauliflower	Chips Baked beans Freshly steamed peas	
Jacket Potato Bar	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day	Hot filling of the day	
Pasta Bar	Tomato and basil	Creamy pasta bake	Red pesto bake	Tomato and rocket	Sun blushed tomato	
Sandwich & Panini Bar	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	A selection of sandwiches and paninis	
Something cold	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	A selection of tempting dessert pots	
Something Sweet	Coconut, raspberry and lime cake	Vanilla Viennese cookies	Orange and passion fruit slice	Summer berry and white chocolate muffins	Ice cream pots	
Fruit & Dessert	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.					

H - Halal option available