

# Meals

For residential students, all meals are included in the weekly package price and students can expect a healthy and wholesome breakfast, lunch and dinner every day. A morning and evening snack is also offered (fruit, cake, mini sandwich, juice, milk).



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# Meals

As there are students from lots of different countries, the menu offered at Bede's is a mix of typical English and International food.

There are always two different hot choices available and a salad bar. Students can choose their preferred option at every meal time.

A vegetarian option is always offered and special requirements are catered for, especially for those students who have food intolerances. Students who cannot eat certain foods for religious reasons are also catered for at Bede's at no extra cost.

Having different food is part of being in another country and being at Bede's is a great opportunity to try some new, typically English dishes.

Students need to understand that the food served at Bede's will not be the same, or taste the same, as what they have at home!

On excursion days, students are offered a packed lunch/dinner that will usually consist of a filled sandwich, roll or wrap (for example, cheese and ham, chicken salad, tuna and sweetcorn), a snack (for example, a cereal bar), a piece of fruit and a drink.



# Typical Dishes

SAMPLE BREAKFAST MENU	
Cereals	A selection of cereals with toppings and fresh milk
Breads	Toasted breads with butter and preserves
Breakfast Special	Pastries, cold meats, muffins or pancakes
English Breakfast	A selection of eggs, sausages, bacon, beans or potatoes served once or twice per week
Yoghurt	Various flavours are available
Fruit	A selection of fresh fruit
Drinks	Tea, coffee, orange and apple juice

SAMPLE LUNCH/DINNER MENU	
Soup of the day	Carrot and coriander soup
Breads	Selection of home-baked breads
Main option	Pan roasted chicken with tarragon crème fraîche
Alternative option	Spaghetti bolognese
On the side	Roasted new potatoes and steamed carrots
Dessert	Baked mango cheesecake
Drinks	Water/orange squash

MEAT DISHES
Beef bourguignon
Roast turkey with cranberry sauce
Pan roasted chicken with tarragon crème fraîche
Grilled pork chop with apple sauce
Lemon and paprika chicken
Chicken curry with poppadoms
Chilli con carne
Chicken kebabs with pittas
Gammon and leek pie
Roast lamb with mint sauce

VEGETARIAN DISHES
Mushroom and red pepper paella
Courgette and red onion tart
Cheese and tomato omelette bake
Vegetable nachos with sour cream
Stir-fry vegetables with plum sauce
Stuffed aubergines
Broccoli and pea risotto
Spicy tomato and bean casserole
Spinach, feta and mushroom frittata
Vegetable and soya pie

FISH DISHES
Battered cod with lemon and herb mayonnaise
Mackerel, potato and pepper bake
Seafood paella
Battered haddock fillets
Classic fish pie

PASTA DISHES
Spaghetti bolognese
Beef lasagne
Penne pasta with a choice of three sauces
Macaroni cheese

DESSERTS
Fruits of the forest cheesecake
Banoffee pie
Chocolate brownie
Apple and blackberry crumble with custard
Fresh fruit salad with cream
Lattice apple pie
Steamed syrup sponge
Arctic roll with fresh fruit
Cherry shortbread
Fruit and yoghurt



These are example menus for illustrative purposes only.  
The food at Eastbourne, Dicker and Windlesham is prepared by Holroyd Howe.