

EXTRAORDINARY
BEDE'S
SUMMER SCHOOL



Meals at Bede's



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Meals at Bede's

Bede's welcomes students from lots of different countries, therefore 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 dietary 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 should understand though that the food served at Bede's will not be the same, or taste the same, as they food they are used to at home.

On excursion days, students are given 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.

For residential students, accommodation and meals are included in the weekly package price.

Students can expect a healthy and wholesome breakfast, lunch and dinner every day. Snacks in the morning and evening are also offered (fruit, cake, mini sandwich, juice, milk).

For day students, lunch is provided, and a morning snack is also offered.



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.



BEDE'S SUMMER SCHOOL




Bede's Summer School
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


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