Introduction

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).

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.

These are example menus for illustrative purposes only.
**Typical Bede's Dishes Lunch/Dinner**

### 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 poppadums
- Chilli Con Carne
- Chicken kebabs with pittas
- Gammon and leek pie
- Roast lamb with mint sauce

### 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 bolognaise
- Beef lasagne
- Penne pasta with a choice of 3 sauces
- Macaroni cheese

### 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

### 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 yoghurts
The food at Eastbourne, Dicker and Handcross is prepared by Holroyd Howe.