



MENU

BREAKFAST

Yoghurt
Granola
Cereal
Milk
Croissant

LUNCH SANDWICHES

Avocado
& salad on granary bread

Cheddar cheese,
Mayo, coleslaw
and cucumbers

Egg Mayonnaise
and cress

Roast chicken
and salad sandwich

Salt beef
with pickles and whole
grain mustard sandwich

Smoked salmon
and cream cheese sandwich

Tuna mayonnaise
and gherkin sandwich

Vegetarian salami
dijonnaise and pickle
sandwich

LUNCH SALADS

Egg salad
Falafel
and salad with hummus
and pita

Fresh salad box

Tuna pasta
mix salad

Tuna Niçoise salad

COLD DISH

Chicken Goujons
with roasted vegetable
salad and mango salsa

Fried cod goujons
with potato salad
and vegetable salad

Grilled Plaice

in mushroom sauce
with grilled peppers,
quinoa and lentil salad

Lemon chicken

with Waldrof salad
and quinoa salad

Smoked salmon

and cheese plate
with waldrof salad
and cabbage salad

Teriyaki salmon

with Singapore noddles
and mixed vegetable salad

Smoked salmon

with grilled vegetables
and roasted vegetables

SUPPERS

Beef Goulash

with gravy, new potatoes,
peas and carrots.

Breaded chicken thighs,

rice with corns,
peas and carrots.

Breaded salmon

with roast potatoes,
sautéd green beans
and mushrooms.

Chicken schnitzel

with Orzo in tomato sauce
and courgettes

Fried cod

with roast potatoes
and peas

Pasta

with tomato sauce
and peas

Fish fingers

with parisienne potato's,
baton carrots
and sugar snaps

Chicken nuggets,

sweet potato wedges,
carrots and green beans

Shepherds pie

With cauliflower
& green beans

Sliced Beef with Stuffing

with gravy, mashed potato
and green beans

Chicken schnitzel

with gravy, mashed potato
and grilled vegetables

Grilled Haddock

in mushroom sauce
with mashed potato
and courgette
in tomato sauce

Grilled Pargiot

with meat gravy,
mashed potato
and green beans

Grilled Salmon

in mushroom sauce
with new potatoes baton
carrots and green beans

Jacket potato

with herb crust tomato
pasta and courgette
in tomato sauce

Meat balls

with gravy, rice
and courgette
in tomato sauce

Stir fried chicken

with pepper sauce,
rice and roasted broccoli

Sweet and sour chicken nuggets

with sauce, rice
and broccoli

Teriyaki salmon

with Singapore noddles
and mixed vegetable salad

Teriyaki salmon

with rice peas and carrots

Vegetarian lasagne

in tomato sauce with
tzimmes and green beans

Vegetarian schnitzel

topped with caramelised
onions with mashed
potato, peas and carrots

SOUPS

Chicken Soup

Barley Soup

Vegetable Soup

Tomato Soup-

with rice

Asparagus soup

Pea soup

Mushroom soup

Celery Soup

Leek and Potato- soup

DESSERTS

Fresh fruit salad Chocolate mousse

garnished with
vanilla cream

Apple & apricot crumble

with apricot coulis

Apple & pear- compote

Chocolate brownie

with sauce

Lemmon or- passion tart

Apple strudel parcel

with custard

Truffle

Peach melba

SNACKS

Mini pack

Animal Biscuit

Crunchy cereal bar

Tahini Bar Gluten free

Dance Blanche Chocolate Biscuits

Chocolate wafer

Cashew roasted nuts

Traditional pretzel

Honey Wheat pretzel

Popcorn

Blooms Chocolate chip Mini cookies

Flutes

Variety of flavours

Salted Vinegar Crips

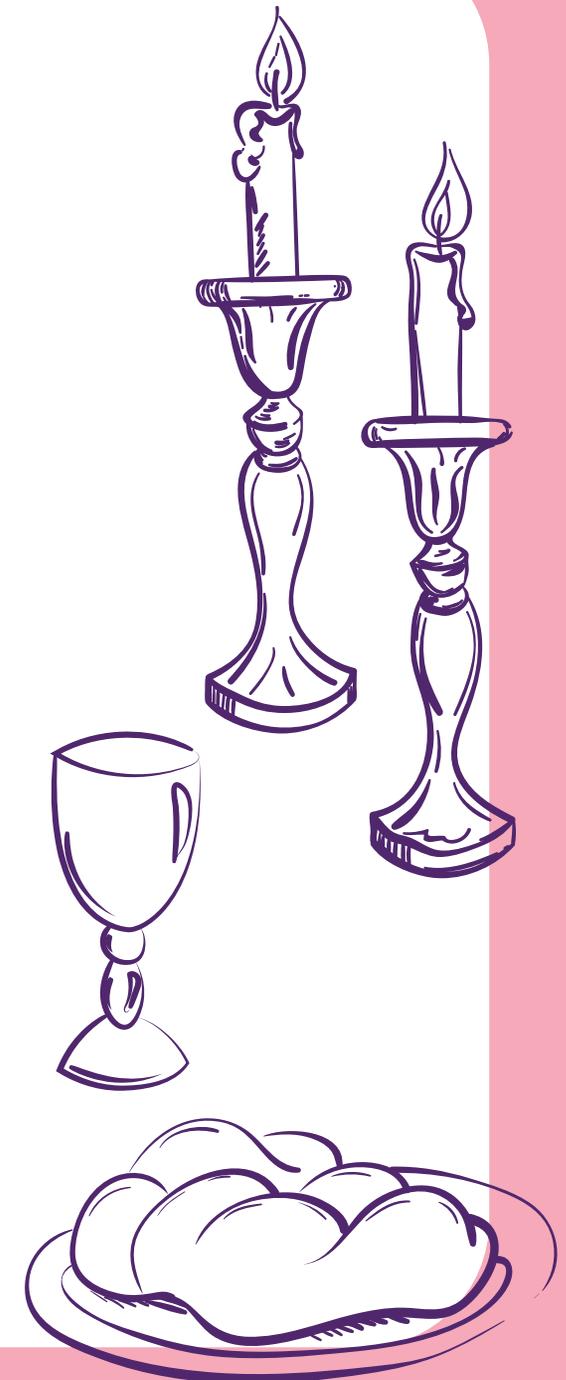
FRIDAY NIGHT

Grape juice, challah,

baked salmon,
mayonnaise,
tomato dip,
olive dip,
chicken soup,
roast chicken,
potato kugel,
farfel,
apple puree

SHABBAT LUNCH

Grape juice,
challah,
baked salmon,
mayonnaise,
tomato dip,
olive dip,
cold meats,
cholent,
potato kugel,
apple puree



EVERY REQUIREMENT COVERED

At Bedside Kosher we cater to all individual needs and dietary requirements. From vegetarian meals in the 9 days to gluten free breakfast - anything the patient needs



Call our 24 hour line
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