

Main Hall - YEAR 7 MENU

17th - 21st September 2018

Meal Deal '1 - The Lite Bite - £2.65

- A Selection of Freshly Cut Sandwiches on White, Brown or Wholemeal Breads
- A Piece of Fresh Fruit
- A Hot Pudding or Cake
- A Cup of Chilled Fruit Juice

Meal Deal '2 - The Lite Bite - £2.65

Monday	Pasta Bolognese (G - wheat & barley, F, C, Sb) with Parmesan Cheese (M)
Tuesday	Chicken Madras (Mu, G - wheat, M, C, Sb) with Egg Fried Rice (E)
Wednesday	Sweet 'n' Sour Pork Loin (C, Sb) with Soft Noodles (G - wheat)
Thursday	Sausages (M, Sd, G - wheat), Chips and Baked Beans
Friday	Pasta (G - wheat) with a Choice of Two Sauces (G - wheat, C, Sb, F)

Meal Deal 2: To include a Choice of Fresh Fruit or a Piece of Cake or a Hot Pudding and a Chilled Fruit Juice.

Meal Deal '3 - Traditional - £2.65

Monday	Honey Roast Turkey (C, Sb) and Stuffing (G - wheat) with Roast Potatoes and Glazed Carrots
	Chocolate & Vanilla Sponge (G - wheat, E, M) with Chocolate Custard (M)
Tuesday	Beef & Vegetable Pie (G - wheat & barley, C, Sb, F), New Potatoes, Broccoli and Gravy (C, Sb)
	Crumble Topped Apple Pie (G - wheat, M) and Custard (M)
Wednesday	Jacket Potato with Cheese 'n' Beans (M - cheese only)
	Jam Sponge (G - wheat, E, M) and Custard (M)
Thursday	Cheese, Tomato & Spring Onion Quiche (G - wheat, M, E), Parsley Potatoes, Mushy Peas and Tartare Sauce (E)
	Fresh Fruit
Friday	Lincolnshire Fish Cakes (F, G - wheat, Mu), Minted New Potatoes, Mushy Peas and Tartare Sauce (E)
	Treacle Sponge (G - wheat, E, M) and Custard (M)

Meal Deal 3: Dessert can be omitted for a Piece of Fresh Fruit or Cake. To include a Chilled Fruit Juice.

C: Celery & Celeriac, Cru: Crustaceans, E: Eggs, F: Fish, G: Gluten, L: Lupin, M: Milk & milk containing products, Mo: Molluscs, Mu: Mustard, N: Nuts, P: Peanuts, S: Sesame, Sb: Soya, Sd: Sulphur Dioxide

St. Aidan's Catering

Restaurant - MAIN MEALS MENU - Years 8, 9, 10

17th - 21st September 2018

MONDAY	Fast Food	Pasta Bolognese (G - wheat & barley, F, C, Sb) with Parmesan Cheese (M)	£2.10
	Traditional	Honey Roast Turkey (C, Sb) and Stuffing (G - wheat) with Roast Potatoes and Glazed Carrots	£2.10
	Dessert	Chocolate & Vanilla Sponge (G - wheat, E, M) with Chocolate Custard (M)	90p
TUESDAY	Fast Food	Chicken Madras (Mu, G - wheat, M, C, Sb) with Egg Fried Rice (E)	£2.10
	Traditional	Beef & Vegetable Pie (G - wheat & barley, C, Sb, F), New Potatoes, Broccoli and Gravy (C, Sb)	£2.10
	Dessert	Crumble Topped Apple Pie (G - wheat, M) and Custard (M)	90p
WEDNESDAY	Fast Food	Sweet 'n' Sour Pork Loin (C, Sb) with Soft Noodles (G - wheat)	£2.10
	Traditional	Shepherds Pie (C, Sb, M) with Cabbage and Gravy (C, Sb)	£2.10
	Dessert	Jam Sponge (G - wheat, E, M) and Custard (M)	90p
THURSDAY	Fast Food	Sausages (M, Sd, G - wheat), Chips and Baked Beans	£2.10
	Traditional	Cheese, Tomato & Spring Onion Quiche (G - wheat, M, E), Parsley Potatoes, Mushy Peas and Tartare Sauce (E)	£2.10
	Dessert	Banoffee Pie (G - wheat, M)	90p
FRIDAY	Fast Food	Pasta (G - wheat) with a Choice of Two Sauces (G - wheat, C, Sb, F)	£2.10
	Traditional	Lincolnshire Fish Cakes (F, G - wheat, Mu), Minted New Potatoes, Mushy Peas and Tartare Sauce (E)	£2.10
	Dessert	Treacle Sponge (G - wheat, E, M) and Custard (M)	90p

C: Celery & Celeriac, Cru: Crustaceans, E: Eggs, F: Fish, G: Gluten, L: Lupin, M: Milk & milk containing products, Mo: Molluscs, Mu: Mustard, N: Nuts, P: Peanuts, S: Sesame, Sb: Soya, Sd: Sulphur Dioxide

St. Aidan's Catering

Restaurant - LIGHTER OPTIONS MENU - Years 8, 9, 10

17th - 21st September 2018

A Selection of Freshly Cut Sandwiches on White, Brown or Wholemeal Breads from £1.35

To include:

- Tuna Mayonnaise (F, E, Mu, G, M)
- Egg and Cress (E, Mu, G, M)
- Cheddar Cheese with Tomato (M, G)
- Beef (G, M)
- Ham (G, M)
- Turkey (G, M)

A Selection of Triangle Sandwiches with Salad from £1.35

A Selection of Freshly Filled Continental Breads e.g. Bagels, Baguettes, Ciabattas from £2.10

Weekly Specials

Soup of the Week with a Bread Roll (G)	Leek, Potato & Cheddar Cheese Soup	£1.70
	C, Sb, M	
Healthy Choice Salad	Beef Tomato & Buffalo Mozzarella Cheese with Spring Onions and Balsamic Glaze	£1.90
	M, Sd	
Salad of the Week	Pasta Salad with Chorizo, Peas, Sun Blushed Tomatoes and Paprika Mayonnaise	£1.90
	G - wheat, E	
Jacket Potato	Cheese 'n' Beans	£2.10
	M (Cheese Only)	
Jacket Potato of the Week	Tuna, Prawn & Sweetcorn Mayonnaise	£2.10
	F, Cru, E	
Vegetarian Dish	Changed Daily	£1.85
Dessert	Changed Daily	90p

C: Celery & Celeriac, Cru: Crustaceans, E: Eggs, F: Fish, G: Gluten, L: Lupin, M: Milk & milk containing products
Mo: Molluscs, Mu: Mustard, N: Nuts, P: Peanuts, S: Sesame, Sb: Soya, Sd: Sulphur Dioxide

St. Aidan's Catering

YEAR 11 - CAFÉ MENU

Opening Hours - 12:30pm - 1:30pm

17th - 21st September 2018

Hot Roast Baguette (G) with Salad £2.20

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Turkey and Stuffing	Bacon Loin	Sweet 'n' Sour Pork	Sausages with Spicy Wedges	Fish Fingers and Tartare Sauce
G - wheat, C, Sb	G - wheat	G - wheat, C, Sb	G - wheat, Sd, M	G - wheat, F, M, Mu, E

Hot Dish of the Day £2.10

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Bolognese (G - wheat & barley, F, C, Sb) with Parmesan Cheese (M)	Chicken Madras (Mu, G - wheat, M, C, Sb) with Egg Fried Rice (E)	Shepherds Pie (C, Sb, M), Peas and Gravy (C, Sb)	Cheese, Tomato & Spring Onion Quiche (M, G - wheat, E) with Mixed Salad	Lamb Jalfrezi (C, Sb, Mu, G - wheat, M) with Coriander Rice

Weekly Specials

Hot Wrap of the Week with Salad, Salsa and Dressing (G)	Thai Chicken Wrap with Coriander, Coconut Milk, Red Onions and Mixed Peppers	£2.20
	G - wheat, Cru, Mu	
Soup of the Week with a Bread Roll (G)	Leek, Potato & Cheddar Cheese Soup	£1.70
	C, Sb, M	

A Selection of Speciality Home-Made Cakes and Pastries from 60p

C: Celery & Celeriac, Cru: Crustaceans, E: Eggs, F: Fish, G: Gluten, L: Lupin, M: Milk & milk containing products, Mo: Molluscs, Mu: Mustard, N: Nuts, P: Peanuts, S: Sesame, Sb: Soya, Sd: Sulphur Dioxide

St. Aidan's Catering

DELI BAR MENU

17th - 21st September 2018

Hot Roast Baguette (G) and Salad £2.20

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Turkey and Stuffing	B.L.T.	Sweet 'n' Sour Pork	Sausages and Onion Gravy	Fish Fingers and Tartare Sauce
G - wheat, C, Sb	G - wheat, E	G - wheat, C, Sb	G - wheat, C, Sb, Sd, M	G - wheat, F, M, Mu, E

Weekly Specials

Wrap of the Week (G)	Thai Spiced Chicken with Spiced Coleslaw and Crisp Salad	£2.10
	G - wheat, Cru, E	
Soup of the Week with a Bread Roll (G)	Leek, Potato & Cheddar Cheese Soup	£1.70
	C, Sb, M	
Healthy Choice Salad	Beef Tomato & Buffalo Mozzarella Cheese with Spring Onions and Balsamic Glaze	£1.90
	M, Sd	
Salad of the Week	Pasta Salad with Chorizo, Peas, Sun Blushed Tomatoes and Paprika Mayonnaise	£1.90
	G - wheat, E	
Jacket Potato	Cheese 'n' Beans	£2.20
	M - cheese only	
Jacket Potato of the Week	Tuna, Prawn & Sweetcorn Mayonnaise	£2.20
	F, Cru, E	

C: Celery & Celeriac, Cru: Crustaceans, E: Eggs, F: Fish, G: Gluten, L: Lupin, M: Milk & milk containing products, Mo: Molluscs, Mu: Mustard, N: Nuts, P: Peanuts, S: Sesame, Sb: Soya, Sd: Sulphur Dioxide

St. Aidan's Catering

SIXTH FORM - LUNCH MENU

17th - 21st September 2018

Daily Special Options

Monday	Pasta Bolognese (G - wheat & barley, F, C, Sb) with Parmesan Cheese (M)	£2.10
	Chocolate & Vanilla Sponge (G - wheat, E, M) with Chocolate Custard (M)	90p
Tuesday	Chicken Madras (Mu, G - wheat, M, C, Sb) with Egg Fried Rice (E)	£2.10
	Crumble Topped Apple Pie (G - wheat, M) and Custard (M)	90p
Wednesday	Sweet 'n' Sour Pork Loin (C, Sb) with Soft Noodles (G - wheat)	£2.10
	Jam Sponge (G - wheat, E, M) and Custard (M)	90p
Thursday	Sausages (M, Sd, G - wheat), Chips and Baked Beans	£2.10
	Banoffee Pie (G - wheat, M)	90p
Friday	Lamb Jalfrezi (C, Sb, Mu, G - wheat, M) with Coriander Rice	£2.10
	Treacle Sponge (G - wheat, E, M) and Custard (M)	90p

Weekly Specials

Jacket Potato	Cheese 'n' Beans	£2.10
	M - cheese only	
Jacket Potato of the Week	Tuna, Prawn & Sweetcorn Mayonnaise	£2.10
	F, Cru, E	
Healthy Choice Salad	Beef Tomato & Buffalo Mozzarella Cheese with Spring Onions and Balsamic Glaze	£1.90
	M, Sd	
Salad of the Week	Pasta Salad with Chorizo, Peas, Sun Blushed Tomatoes and Paprika Mayonnaise	£1.90
	G - wheat, E	
Vegetarian Dish	Changed Daily	£1.85
Soup of the Week with a Bread Roll (G)	Leek, Potato & Cheddar Cheese Soup	£1.70
	C, Sb, M	
Wrap of the Week (G)	Thai Spiced Chicken with Spiced Coleslaw and Crisp Salad	£2.10
	G - wheat, Cru, E	

C: Celery & Celeriac, Cru: Crustaceans, E: Eggs, F: Fish, G: Gluten, L: Lupin, M: Milk & milk containing products
Mo: Molluscs, Mu: Mustard, N: Nuts, P: Peanuts, S: Sesame, Sb: Soya, Sd: Sulphur Dioxide