

St. Aidan's Catering

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

21st - 25th January 2019

MONDAY	Fast Food	Chicken Madras with Egg Fried Rice	£2.10
		Mu, G (wheat), M, C, Sb, E	
	Traditional	Lamb & Vegetable Hotpot with Mixed Vegetables	£2.10
		C, Sb	
Dessert	Chocolate Sponge with Chocolate Custard	90p	
	G (wheat), E, M		
TUESDAY	Fast Food	Lasagne with Salad Leaves	£2.10
		G (wheat, barley), F, C, Sb, M	
	Traditional	Roast Loin of Pork with Stuffing, Apple Sauce, Roast Potatoes, Peas and Gravy	£2.10
		C, Sb, G (wheat)	
Dessert	Rice Pudding with Raspberry Sauce	90p	
	M		
WEDNESDAY	Fast Food	Sweet 'n' Sour Turkey Breast with Soft Noodles	£2.10
		C, Sb, G (wheat)	
	Traditional	Cottage Pie with Savoy Cabbage and Gravy	£2.10
		M, C, Sb	
Dessert	Jam Sponge and Custard	90p	
	G (wheat), E, M		
THURSDAY	Fast Food	Battered Chicken Burger in a Sesame Seed Bun with Fries and Relish	£2.10
		G (wheat), S, Mu, C, M	
	Traditional	Brie, Red Onion & Roasted Pepper Quiche, New Potatoes and Salad Leaves	£2.10
		M, G (wheat), E	
Dessert	Banoffee Pie	90p	
	G (wheat), M		
FRIDAY	Fast Food	Pasta with a Choice of Two Sauces	£2.10
		Ask staff for allergens	
	Traditional	Lincolnshire Fish Cakes, Parsley Potatoes and Mushy Peas	£2.10
		F, G (wheat), Mu, M	
Dessert	Treacle Sponge and Custard	90p	
	G (wheat), E, M		

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

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

21st - 25th January 2019

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

Hot Roast Baguette (G) - £2.20

Monday	Tuesday	Wednesday	Thursday	Friday
Bacon Loin	Roast Loin of Pork with Apple Sauce and Gravy	Sweet 'n' Sour Turkey Breast	Sausages and Onion Gravy	Fish Fingers and Tartare Sauce
G (wheat)	G (wheat), C, Sb	G (wheat), C, Sb	M, Sd, G (wheat), C, Sb	G (wheat), F, M, Mu

Weekly Specials

Soup of the Week with a Bread Roll (G)	Mulligatawny Soup (Vegetable & Lentil Soup with Asian Spices)	£1.70
	C, Sb, M, Mu	
Healthy Choice Salad	Tandoori Chicken with Onion Bhaji and Minted Yoghurt	£1.90
	Mu, M, G (wheat), N	
Salad of the Week	Pasta, Chorizo & Roasted Peppers with Sun Dried Tomato Dressing	£1.90
	G (wheat), E, M	
Jacket Potato	Cheese 'n' Beans	£2.10
	M (Cheese Only)	
Jacket Potato of the Week	Hot Creamed Mushrooms with Garlic and Stilton	£2.10
	M, G (wheat), C, Sb	
Vegetarian Dish	Changed Daily	£1.85
Dessert	Changed Daily	90p

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Main Hall - YEAR 7 MENU

21st - 25th January 2019

Meal Deal 1 - The Lite Bite - £2.45

- 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 - Fast Food - £2.45

Monday	Chicken Madras with Egg Fried Rice
	Mu, G (wheat), M, C, Sb, E
Tuesday	Lasagne with Salad Leaves
	G (wheat, barley), F, C, Sb, M
Wednesday	Sweet 'n' Sour Turkey Breast with Soft Noodles
	C, Sb, G (wheat)
Thursday	Battered Chicken Burger in a Sesame Seed Bun with Fries and Relish
	G (wheat), S, Mu, C, M
Friday	Pasta with a Choice of Two Sauces
	Ask staff for allergens

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	Lamb & Vegetable Hotpot with Mixed Vegetables
	C, Sb
	Chocolate Sponge with Chocolate Custard
Tuesday	G (wheat), E, M
	Roast Loin of Pork with Stuffing, Apple Sauce, Roast Potatoes, Peas and Gravy
	C, Sb, G (wheat)
Wednesday	Rice Pudding with Raspberry Sauce
	M
	Jacket Potato with Cheese 'n' Beans
Thursday	M - cheese only
	Jam Sponge and Custard
	G (wheat), E, M
Friday	Brie, Red Onion & Roasted Pepper Quiche, New Potatoes and Salad Leaves
	M, G (wheat), E
	Fresh Fruit
Friday	Lincolnshire Fish Cakes, Parsley Potatoes and Mushy Peas
	F, G (wheat), Mu, M
	Treacle Sponge and Custard
	G (wheat), E, M

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

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DELI BAR MENU

21st - 25th January 2019

Hot Roast Baguette (G) - £2.20

Monday	Tuesday	Wednesday	Thursday	Friday
B.L.T.	Roast Loin of Pork with Apple Sauce and Gravy	Sweet 'n' Sour Turkey Breast	Sausages and Onion Gravy	Fish Fingers and Tartare Sauce
G (wheat), E	G (wheat), C, Sb	G (wheat), C, Sb	M, Sd, G (wheat), C, Sb	G (wheat), F, M, Mu

Weekly Specials

Wrap of the Week (G)	Bacon & Brie with Crisp Salad and Balsamic Glaze	£2.10
	G (wheat), Sd, M	
Soup of the Week with a Bread Roll (G)	Mulligatawny Soup (Vegetable & Lentil Soup with Asian Spices)	£1.70
	C, Sb, M, Mu	
Healthy Choice Salad	Tandoori Chicken with Onion Bhaji and Minted Yoghurt	£1.90
	Mu, M, G (wheat), N	
Salad of the Week	Pasta, Chorizo & Roasted Peppers with Sun Dried Tomato Dressing	£1.90
	G (wheat), E, M	
Jacket Potato	Cheese 'n' Beans	£2.20
	M - cheese only	
Jacket Potato of the Week	Hot Creamed Mushrooms with Garlic and Stilton	£2.20
	M, G (wheat), C, Sb	

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SIXTH FORM - LUNCH MENU

21st - 25th January 2019

Daily Special Options

Monday	Chicken Madras with Egg Fried Rice	£2.10
	Mu, G (wheat), M, C, Sb, E	
	Chocolate Sponge with Chocolate Custard	90p
	G (wheat), E, M	
Tuesday	Lasagne with Salad Leaves	£2.10
	G (wheat, barley), F, C, Sb, M	
	Rice Pudding with Raspberry Sauce	90p
	M	
Wednesday	Sweet 'n' Sour Turkey Breast with Soft Noodles	£2.10
	C, Sb, G (wheat)	
	Jam Sponge and Custard	90p
	G (wheat), E, M	
Thursday	Battered Chicken Burger in a Sesame Seed Bun with Fries and Relish	£2.10
	G (wheat), S, Mu, C, M	
	Banoffee Pie	90p
	G (wheat), M	
Friday	Smoked Paprika Spiced Chicken Breast with Pasta and a Tomato Sauce	£2.10
	G (wheat), C, Sb	
	Treacle Sponge and Custard	90p
	G (wheat), E, M	

Weekly Specials

Jacket Potato	Cheese 'n' Beans	£2.10
	M - cheese only	
Jacket Potato of the Week	Hot Creamed Mushrooms with Garlic and Stilton	£2.10
	M, G (wheat), C, Sb	
Healthy Choice Salad	Tandoori Chicken with Onion Bhaji and Minted Yoghurt	£1.90
	Mu, M, G (wheat), N	
Salad of the Week	Pasta, Chorizo & Roasted Peppers with Sun Dried Tomato Dressing	£1.90
	G (wheat), E, M	
Vegetarian Dish	Changed Daily	£1.85
Soup of the Week with a Bread Roll (G)	Mulligatawny Soup (Vegetable & Lentil Soup with Asian Spices)	£1.70
	C, Sb, M, Mu	
Wrap of the Week (G)	Bacon & Brie with Crisp Salad and Balsamic Glaze	£2.10
	G (wheat), Sd, M	

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YEAR 11 - CAFÉ MENU

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

21st - 25th January 2019

Hot Roast Baguette (G) - £2.20

Monday	Tuesday	Wednesday	Thursday	Friday
Bacon Loin	Roast Loin of Pork with Apple Sauce and Gravy	Sweet 'n' Sour Turkey Breast	Battered Chicken Burger in a Sesame Seed Bun with Spicy Wedges	Fish Fingers and Tartare Sauce
G (wheat)	G (wheat), C, Sb	G (wheat), C, Sb	G (wheat), S, M, C	G (wheat), F, M, Mu

Hot Dish of the Day £2.10

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Madras with Egg Fried Rice	Chilli Con Carne with Cheese and Taco Shells	Cottage Pie with Peas and Gravy	Brie, Red Onion & Roasted Pepper Quiche with Spicy Wedges	Smoked Paprika Spiced Chicken Breast with Pasta and a Tomato Sauce
Mu, G (wheat), M, C, Sb, E	G (wheat), C, Sb, M	M, C, Sb	M, G (wheat), E	G (wheat), C, Sb

Weekly Specials

Hot Wrap of the Week with Salad, Salsa and Dressing (G)	Chinese Chicken with Peppers, Onions, Coriander and Beansprouts	£2.20
	G (wheat), Sb	
Soup of the Week with a Bread Roll (G)	Mulligatawny Soup (Vegetable & Lentil Soup with Asian Spices)	£1.70
	C, Sb, M, Mu	

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

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