

St. Aidan's Catering

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

7th - 11th January 2019

| | | | |
|------------------------------|------------------------|--|-------|
| MONDAY | Fast Food | | £2.10 |
| | Traditional | TRAINING DAY | £2.10 |
| | Dessert | | 90p |
| TUESDAY | Fast Food | Chicken Korma with Egg Fried Rice | £2.10 |
| | | G (wheat), M, N (almonds), Mu, C, Sb, E | |
| | Traditional | Roast Bacon Loin, Cajun Wedges and Sweetcorn | £2.10 |
| | | | |
| Dessert | Jam Sponge and Custard | 90p | |
| | G (wheat), E, M | | |
| WEDNESDAY | Fast Food | Barbecue Chicken Leg with Soft Noodles | £2.10 |
| | | C, Sb, G (rye, wheat), Sd | |
| | Traditional | Sausages with Cheese 'n' Chive Mash, Cabbage and Gravy | £2.10 |
| | | M, Sd, G (wheat), C, Sb | |
| | Dessert | Apple & Raspberry Crumble with Custard | 90p |
| G (wheat), M | | | |
| THURSDAY | Fast Food | Battered Chicken Burger in a Sesame Seed Bun with Fries and Relish | £2.10 |
| | | G (wheat), S, Mu | |
| | Traditional | Vegetable Lasagne with Garlic Bread and Salad Leaves | £2.10 |
| | | G (wheat), C, Sb, M | |
| | Dessert | Mixed Fruit Cheesecake | 90p |
| G (wheat), M. Non-vegetarian | | | |
| FRIDAY | Fast Food | Pasta with a Choice of Two Sauces | £2.10 |
| | | Please ask for allergens | |
| | Traditional | Fish Fingers, New Potatoes and Peas | £2.10 |
| | | G (wheat), F, M, Mu | |
| | Dessert | Chocolate Sponge with Chocolate 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

St. Aidan's Catering

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

7th - 11th 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 |
|---------------------|------------------|--------------------------|----------------------------------|--------------------------------|
| Training Day | Roast Bacon Loin | Sausages and Onion Gravy | Roast Turkey and Cranberry Sauce | Fish Fingers and Tartare Sauce |
| | G (wheat) | G (wheat), C, Sb, Sd, M | G (wheat), C, Sb | G (wheat), F, M, Mu, E |

Weekly Specials

| | | |
|---|---|-------|
| Soup of the Week with a Bread Roll (G) | Carrot & Coriander Soup | £1.70 |
| | C, Sb, M | |
| Healthy Choice Salad | Roasted Vegetable & Goats Cheese Salad with Pesto Dressing | £1.90 |
| | M | |
| Salad of the Week | Toulouse Sausage & New Potato Salad with Mustard Mayonnaise | £1.90 |
| | Mu, E, Sd, G (wheat), Sb | |
| Jacket Potato | Cheese 'n' Beans | £2.10 |
| | M (Cheese Only) | |
| Jacket Potato of the Week | Vegetable, Chick Pea and Spinach Curry | £2.10 |
| | C, Sb | |
| Vegetarian Dish | Changed Daily | £1.85 |
| | | |
| Dessert | Changed Daily | 90p |
| | | |

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Main Hall - YEAR 7 MENU

7th - 11th January 2019

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 | TRAINING DAY |
| | 0 |
| Tuesday | Chicken Korma with Egg Fried Rice |
| | G (wheat), M, N (almonds), Mu, C, Sb, E |
| Wednesday | Barbecue Chicken Leg with Soft Noodles |
| | C, Sb, G (rye, wheat), Sd |
| Thursday | Battered Chicken Burger in a Sesame Seed Bun with Fries and Relish |
| | G (wheat), S, Mu |
| Friday | Pasta with a Choice of Two Sauces |
| | Please ask 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 | TRAINING DAY |
| | |
| | |
| | |
| Tuesday | Roast Bacon Loin, Cajun Wedges and Sweetcorn |
| | 0 |
| | Jam Sponge and Custard |
| | G (wheat), E, M |
| Wednesday | Jacket Potato with Cheese 'n' Beans |
| | M - cheese only |
| | Apple & Raspberry Crumble with Custard |
| | G (wheat), M |
| Thursday | Vegetable Lasagne with Garlic Bread and Salad Leaves |
| | G (wheat), C, Sb, M |
| | Fresh Fruit |
| | |
| Friday | Fish Fingers, New Potatoes and Peas |
| | G (wheat), F, M, Mu |
| | Chocolate Sponge with Chocolate 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.

St. Aidan's Catering

DELI BAR MENU

7th - 11th January 2019

Hot Roast Baguette (G) - £2.20

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|------------------|--------------------------|----------------------------------|--------------------------------|
| Training Day | Roast Bacon Loin | Sausages and Onion Gravy | Roast Turkey and Cranberry Sauce | Fish Fingers and Tartare Sauce |
| | G (wheat) | G (wheat), C, Sb, Sd, M | G (wheat), C, Sb | G (wheat), F, M, Mu, E |

Weekly Specials

| | | |
|--|---|-------|
| Wrap of the Week (G) | Mexican Spiced Chicken with Crisp Salad and Tomato Relish | £2.10 |
| | G (wheat) | |
| Soup of the Week with a Bread Roll (G) | Carrot & Coriander Soup | £1.70 |
| | C, Sb, M | |
| Healthy Choice Salad | Roasted Vegetable & Goats Cheese Salad with Pesto Dressing | £1.90 |
| | M | |
| Salad of the Week | Toulouse Sausage & New Potato Salad with Mustard Mayonnaise | £1.90 |
| | Mu, E, Sd, G (wheat), Sb | |
| Jacket Potato | Cheese 'n' Beans | £2.20 |
| | M - cheese only | |
| Jacket Potato of the Week | Vegetable, Chick Pea and Spinach Curry | £2.20 |
| | C, Sb | |

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St. Aidan's Catering

SIXTH FORM - LUNCH MENU

7th - 11th January 2019

Daily Special Options

| | | |
|------------------|--|-------|
| Monday | TRAINING DAY | £2.10 |
| | 0 | |
| | 0 | 90p |
| | 0 | |
| Tuesday | Chicken Korma with Egg Fried Rice | £2.10 |
| | G (wheat), M, N (almonds), Mu, C, Sb, E | |
| | Jam Sponge and Custard | 90p |
| | G (wheat), E, M | |
| Wednesday | Barbecue Chicken Leg with Soft Noodles | £2.10 |
| | C, Sb, G (rye, wheat), Sd | |
| | Apple & Raspberry Crumble with Custard | 90p |
| | G (wheat), M | |
| Thursday | Battered Chicken Burger in a Sesame Seed Bun with Fries and Relish | £2.10 |
| | G (wheat), S, Mu | |
| | Mixed Fruit Cheesecake | 90p |
| | G (wheat), M, Non-vegetarian | |
| Friday | Chilli Con Carne with Steamed Rice | £2.10 |
| | C, Sb, G (wheat) | |
| | Chocolate Sponge with Chocolate Custard | 90p |
| | G (wheat), E, M | |

Weekly Specials

| | | |
|---|---|-------|
| Jacket Potato | Cheese 'n' Beans | £2.10 |
| | M - cheese only | |
| Jacket Potato of the Week | Vegetable, Chick Pea and Spinach Curry | £2.10 |
| | C, Sb | |
| Healthy Choice Salad | Roasted Vegetable & Goats Cheese Salad with Pesto Dressing | £1.90 |
| | M | |
| Salad of the Week | Toulouse Sausage & New Potato Salad with Mustard Mayonnaise | £1.90 |
| | Mu, E, Sd, G (wheat), Sb | |
| Vegetarian Dish | Changed Daily | £1.85 |
| | | |
| Soup of the Week with a Bread Roll (G) | Carrot & Coriander Soup | £1.70 |
| | C, Sb, M | |
| Wrap of the Week (G) | Mexican Spiced Chicken with Crisp Salad and Tomato Relish | £2.10 |
| | G (wheat) | |

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St. Aidan's Catering

YEAR 11 - CAFÉ MENU

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

7th - 11th January 2019

Hot Roast Baguette (G) - £2.20

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|------------------|--------------------------|--|--------------------------------|
| Training Day | Roast Bacon Loin | Sausages and Onion Gravy | Battered Chicken Burger in a Sesame Seed Bun with Wedges | Fish Fingers and Tartare Sauce |
| | G (wheat) | G (wheat), C, Sb, Sd, M | G (wheat), S, M | G (wheat), F, M, Mu, E |

Hot Dish of the Day £2.10

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|---|--|---|------------------------------------|
| Training Day | Chicken Korma with Egg Fried Rice | Barbecue Chicken Leg with Soft Noodles | Vegetable Lasagne with Garlic Bread and Salad | Chilli Con Carne with Steamed Rice |
| | G (wheat), M, N (almonds), Mu, C, Sb, E | C, Sb, G (rye, wheat), Sd | G (wheat), C, Sb, M | C, Sb, G (wheat) |

Weekly Specials

| | | |
|---|---|-------|
| Hot Wrap of the Week with Salad, Salsa and Dressing (G) | Italian Chicken with Peppers and Onions | £2.20 |
| | G (wheat), M | |
| Soup of the Week with a Bread Roll (G) | Carrot & Coriander 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