

St. Aidan's Catering

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

20th - 24th May 2019

MONDAY	Fast Food	Pasta Bolognese with Parmesan Cheese	£2.10
		G (wheat, barley), F, C, Sb, M, E	
	Traditional	Roast Loin of Pork with Boulangere Potatoes, Carrots and Gravy	£2.10
		C, Sb	
Dessert	Treacle Sponge and Custard	90p	
	G (wheat), E, M		
TUESDAY	Fast Food	Tandoori Chicken Leg with Egg Fried Rice and Mint Yoghurt	£2.10
		Mu, N, E, M	
	Traditional	Beef & Vegetable Stew, Yorkshire Pudding and Minted New Potatoes	£2.10
		C, Sb, G (wheat), E, M	
Dessert	Apple & Raspberry Crumble with Custard	90p	
	G (wheat), M		
WEDNESDAY	Fast Food	Cajun Turkey Steak with Soft Noodles	£2.10
		C, Sb, G (wheat)	
	Traditional	Shepherds Pie with Cabbage and Gravy	£2.10
		M, C, Sb	
Dessert	Chocolate Sponge with Chocolate Custard	90p	
	G (wheat), E, M		
THURSDAY	Fast Food	Sausages, Chips and Baked Beans	£2.10
		M, Sd, G (wheat)	
	Traditional	Vegetable, Chick Pea & Spinach Curry with Braised Rice	£2.10
		C, Sb, Mu, M	
Dessert	Eton Mess	90p	
	M, E		
FRIDAY	Fast Food	Pasta with a Choice of Two Sauces	£2.10
		Please ask Staff for Allergens	
	Traditional	Fish Fingers, Chive Potatoes, Mushy Peas and Tartare Sauce	£2.10
		G (wheat), F, M, Mu, E	
Dessert	Sticky Toffee Pudding 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

20th - 24th May 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
Roast Pork and Apple Sauce	Honey Roast Bacon Loin	Cajun Turkey	Sausages and Onion Gravy	Fish Fingers and Tartare Sauce
G (wheat), C, Sb	G (wheat)	G (wheat), C, Sb	G (wheat), M, Sd, 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	GREEK SALAD: Feta Cheese, Tomatoes & Olives with Mixed Salad Leaves and Garlic Dressing	£1.90
	Mu, M, Sd	
Salad of the Week	Smoked Mackerel with New Potato & Spring Onion Salad and Horseradish Mayonnaise	£1.90
	F, E	
Jacket Potato	Cheese 'n' Beans	£2.10
	M - cheese only	
Jacket Potato of the Week	Beef & Mushroom Stroganoff with Paprika and Mixed Peppers	£2.10
	C, Sb, M, G (wheat)	
Vegetarian Dish	Changed Daily	£1.85
Dessert	Changed Daily	90p

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Main Hall - YEAR 7 MENU

20th - 24th May 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	Pasta Bolognese with Parmesan Cheese
	G (wheat, barley), F, C, Sb, M, E
Tuesday	Tandoori Chicken Leg with Egg Fried Rice and Mint Yoghurt
	Mu, N, E, M
Wednesday	Cajun Turkey Steak with Soft Noodles
	C, Sb, G (wheat)
Thursday	Sausages, Chips and Baked Beans
	M, Sd, G (wheat)
Friday	Pasta with a Choice of Two Sauces
	Please 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	Roast Loin of Pork with Boulangere Potatoes, Carrots and Gravy
	C, Sb
	Treacle Sponge and Custard
	G (wheat), E, M
Tuesday	Beef & Vegetable Stew, Yorkshire Pudding and Minted New Potatoes
	C, Sb, G (wheat), E, M
	Apple & Raspberry Crumble with Custard
	G (wheat), M
Wednesday	Jacket Potato with Cheese 'n' Beans
	M - cheese only
	Chocolate Sponge with Chocolate Custard
	G (wheat), E, M
Thursday	Vegetable, Chick Pea & Spinach Curry with Braised Rice
	C, Sb, Mu, M
	Fresh Fruit
Friday	Fish Fingers, Chive Potatoes, Mushy Peas and Tartare Sauce
	G (wheat), F, M, Mu, E
	Sticky Toffee Pudding 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

20th - 24th May 2019

Hot Roast Baguette (G) - £2.20

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Pork and Apple Sauce	Honey Roast Bacon Loin	Cajun Turkey	Sausages and Onion Gravy	Fish Fingers and Tartare Sauce
G (wheat), C, Sb	G (wheat)	G (wheat), C, Sb	G (wheat), M, Sd, C, Sb	G (wheat), F, M, Mu, E

Weekly Specials

Wrap of the Week (G)	Spanish Style Chicken with Tomato Salsa and Crisp Salad	£2.10
	G (wheat), Sd, Mu	
Soup of the Week with a Bread Roll (G)	Carrot & Coriander Soup	£1.70
	C, Sb, M	
Healthy Choice Salad	GREEK SALAD: Feta Cheese, Tomatoes & Olives with Mixed Salad Leaves and Garlic Dressing	£1.90
	Mu, M, Sd	
Salad of the Week	Smoked Mackerel with New Potato & Spring Onion Salad and Horseradish Mayonnaise	£1.90
	F, E	
Jacket Potato	Cheese 'n' Beans	£2.20
	M - cheese only	
Jacket Potato of the Week	Beef & Mushroom Stroganoff with Paprika and Mixed Peppers	£2.20
	C, Sb, M, G (wheat)	

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SIXTH FORM - LUNCH MENU

20th - 24th May 2019

Daily Special Options

Monday	Pasta Bolognese with Parmesan Cheese	£2.10
	G (wheat, barley), F, C, Sb, M, E	
	Treacle Sponge and Custard	90p
	G (wheat), E, M	
Tuesday	Tandoori Chicken Leg with Egg Fried Rice and Mint Yoghurt	£2.10
	Mu, N, E, M	
	Apple & Raspberry Crumble with Custard	90p
	G (wheat), M	
Wednesday	Cajun Turkey Steak with Soft Noodles	£2.10
	C, Sb, G (wheat)	
	Chocolate Sponge with Chocolate Custard	90p
	G (wheat), E, M	
Thursday	Sausages, Chips and Baked Beans	£2.10
	M, Sd, G (wheat)	
	Eton Mess	90p
	M, E	
Friday	Chicken Breast with Coriander Rice and Smoked Bacon Barbecue Sauce	£2.10
	G (wheat, rye), C, Sb	
	Sticky Toffee Pudding and Custard	90p
	G (wheat), E, M	

Weekly Specials

Jacket Potato	Cheese 'n' Beans	£2.10
	M - cheese only	
Jacket Potato of the Week	Beef & Mushroom Stroganoff with Paprika and Mixed Peppers	£2.10
	C, Sb, M, G (wheat)	
Healthy Choice Salad	GREEK SALAD: Feta Cheese, Tomatoes & Olives with Mixed Salad Leaves and Garlic Dressing	£1.90
	Mu, M, Sd	
Salad of the Week	Smoked Mackerel with New Potato & Spring Onion Salad and Horseradish Mayonnaise	£1.90
	F, E	
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)	Spanish Style Chicken with Tomato Salsa and Crisp Salad	£2.10
	G (wheat), Sd, Mu	

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