

## St. Aidan's Catering

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

10th - 14th June 2019

<b>MONDAY</b>	Fast Food	Pasta Bolognese with Parmesan Cheese	£2.10
		G (wheat, barley), F, C, Sb, M, E	
	Traditional	Lamb & Vegetable Hotpot with Broccoli	£2.10
		C, Sb	
Dessert	Treacle Sponge and Custard	90p	
	G (wheat), E, M		
<b>TUESDAY</b>	Fast Food	Chicken Rogan Josh with Egg Fried Rice	£2.10
		Mu, G (wheat), M, C, Sb, E	
	Traditional	Honey Roasted Bacon Loin, Jacket Potato Wedges and Peas	£2.10
Dessert	Apple & Raspberry Crumble with Custard	90p	
	G (wheat)		
<b>WEDNESDAY</b>	Fast Food	Cajun Pork Loin with Soft Noodles	£2.10
		C, Sb, G (wheat)	
	Traditional	Cottage Pie with Mixed Vegetables and Gravy	£2.10
		M, C, Sb	
Dessert	Jam Sponge and Custard	90p	
	G (wheat), E, M		
<b>THURSDAY</b>	Fast Food	Battered Chicken Burger in a Sesame Seed Bun with Fries and Relish	£2.10
		G (wheat), C, M, Mu, Sb, S	
	Traditional	Cheese, Onion & Sun Blushed Tomato Quiche with New Potatoes and Mixed Salad	£2.10
		M, G (wheat), E	
Dessert	Banoffee Pie	90p	
	G (wheat), M		
<b>FRIDAY</b>	Fast Food	Pasta with a Choice of Two Sauces	£2.10
		Ask staff for allergens	
	Traditional	Battered Haddock, Parsley Potatoes, Mushy Peas and Tartare Sauce	£2.10
		G (wheat), F, Mu, M, E	
Dessert	Chocolate 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

# St. Aidan's Catering

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

10th - 14th June 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 Turkey and Cranberry Sauce	Honey Roast Bacon Loin	Cajun Pork Loin	Sausages with Onion Gravy	Battered Haddock 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

<b>Soup of the Week with a Bread Roll (G)</b>	Mulligatawny Soup (Creamy Vegetable Broth Scented with Asian Spices)	£1.70
	C, Sb, M, Mu	
<b>Healthy Choice Salad</b>	Chicken Caesar Salad with Olives, Little Gem Lettuce and Parmesan Shavings	£1.90
	M, E	
<b>Salad of the Week</b>	Prawn, Apple and Celery Marie Rose with Mixed Leaf Salad	£1.90
	Cru, E, F, G (barley)	
<b>Jacket Potato</b>	Cheese 'n' Beans	£2.10
	M - cheese only	
<b>Jacket Potato of the Week</b>	Vegetable, Chick Pea and Spinach Curry	£2.10
	C, Sb, M, Mu	
<b>Vegetarian Dish</b>	Changed Daily	£1.85
<b>Dessert</b>	Changed Daily	90p

C: Celery & Celeriac, Cru: Crustaceans, E: Eggs, F: Fish, G: Gluten, L: Lupin, M: Milk & milk containing products  
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## Main Hall - YEAR 7 MENU

10th - 14th June 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

<b>Monday</b>	Pasta Bolognese with Parmesan Cheese
	G (wheat, barley), F, C, Sb, M, E
<b>Tuesday</b>	Chicken Rogan Josh with Egg Fried Rice
	Mu, G (wheat), M, C, Sb, E
<b>Wednesday</b>	Cajun Pork Loin with Soft Noodles
	C, Sb, G (wheat)
<b>Thursday</b>	Battered Chicken Burger in a Sesame Seed Bun with Fries and Relish
	G (wheat), C, M, Mu, Sb, S
<b>Friday</b>	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

<b>Monday</b>	Lamb & Vegetable Hotpot with Broccoli
	C, Sb
	Treacle Sponge and Custard
	G (wheat), E, M
<b>Tuesday</b>	Honey Roasted Bacon Loin, Jacket Potato Wedges and Peas
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	Apple & Raspberry Crumble with Custard
	G (wheat)
<b>Wednesday</b>	Jacket Potato with Cheese 'n' Beans
	M - cheese only
	Jam Sponge and Custard
	G (wheat), E, M
<b>Thursday</b>	Cheese, Onion & Sun Blushed Tomato Quiche with New Potatoes and Mixed Salad
	M, G (wheat), E
	Fresh Fruit
<b>Friday</b>	Battered Haddock, Parsley Potatoes, Mushy Peas and Tartare Sauce
	G (wheat), F, Mu, M, E
	Chocolate 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.**

# St. Aidan's Catering

## DELI BAR MENU

10th - 14th June 2019

### Hot Roast Baguette (G) - £2.20

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Turkey and Cranberry Sauce	Honey Roast Bacon Loin	Cajun Pork Loin	Sausages and Onion Gravy	Battered Haddock 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)	Bacon & Brie Wrap with Crisp Salad, Beef Tomatoes and Balsamic Glaze	£2.10
	G (wheat), M, Sd	
Soup of the Week with a Bread Roll (G)	Mulligatawny Soup (Creamy Vegetable Broth Scented with Asian Spices)	£1.70
	C, Sb, M, Mu	
Healthy Choice Salad	Chicken Caesar Salad with Olives, Little Gem Lettuce and Parmesan Shavings	£1.90
	M, E	
Salad of the Week	Prawn, Apple and Celery Marie Rose with Mixed Leaf Salad	£1.90
	Cru, E, F, G (barley)	
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, M, Mu	

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# St. Aidan's Catering

## SIXTH FORM - LUNCH MENU

10th - 14th June 2019

### Daily Special Options

<b>Monday</b>	Pasta Bolognese with Parmesan Cheese	£2.10
	G (wheat, barley), F, C, Sb, M, E	
	Treacle Sponge and Custard	90p
	G (wheat), E, M	
<b>Tuesday</b>	Chicken Rogan Josh with Egg Fried Rice	£2.10
	Mu, G (wheat), M, C, Sb, E	
	Apple & Raspberry Crumble with Custard	90p
	G (wheat)	
<b>Wednesday</b>	Cajun Pork Loin with Soft Noodles	£2.10
	C, Sb, G (wheat)	
	Jam Sponge and Custard	90p
	G (wheat), E, M	
<b>Thursday</b>	Battered Chicken Burger in a Sesame Seed Bun with Fries and Relish	£2.10
	G (wheat), C, M, Mu, Sb, S	
	Banoffee Pie	90p
	G (wheat), M	
<b>Friday</b>	Lamb & Vegetable Curry with Coriander Rice	£2.10
	C, Sb, Mu	
	Chocolate Sponge and Custard	90p
	G (wheat), E, M	

### Weekly Specials

<b>Jacket Potato</b>	Cheese 'n' Beans	£2.10
	M - cheese only	
<b>Jacket Potato of the Week</b>	Vegetable, Chick Pea and Spinach Curry	£2.10
	C, Sb, M, Mu	
<b>Healthy Choice Salad</b>	Chicken Caesar Salad with Olives, Little Gem Lettuce and Parmesan Shavings	£1.90
	M, E	
<b>Salad of the Week</b>	Prawn, Apple and Celery Marie Rose with Mixed Leaf Salad	£1.90
	Cru, E, F, G (barley)	
<b>Vegetarian Dish</b>	Changed Daily	£1.85
<b>Soup of the Week with a Bread Roll (G)</b>	Mulligatawny Soup (Creamy Vegetable Broth Scented with Asian Spices)	£1.70
	C, Sb, M, Mu	
<b>Wrap of the Week (G)</b>	Bacon & Brie Wrap with Crisp Salad, Beef Tomatoes and Balsamic Glaze	£2.10
	G (wheat), M, Sd	

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Mo: Molluscs, Mu: Mustard, N: Nuts, P: Peanuts, S: Sesame, Sb: Soya, Sd: Sulphur Dioxide