

# St. Aidan's Catering

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

17th - 21st June 2019

<b>MONDAY</b>	Fast Food	Chicken Madras with Egg Fried Rice	£2.10
		Mu, G (wheat), M, C, Sb, E	
	Traditional	Stuffed Lamb Shoulder, New Potatoes, Minted Peas and Gravy	£2.10
		G (wheat), Sb, Sd, C	
Dessert	Jam Sponge and Custard	90p	
	G (wheat), E, M		
<b>TUESDAY</b>	Fast Food	Spaghetti Bolognese with Parmesan Cheese	£2.10
		G (wheat, barley), F,C, Sb, M, E	
	Traditional	Roasted Pork Loin, Apple Sauce, Roast Potatoes, Carrots and Gravy	£2.10
		C, Sb	
Dessert	Apple Crumble and Custard	90p	
	G (wheat), M		
<b>WEDNESDAY</b>	Fast Food	Barbecue Turkey Breast with Soft Noodles	£2.10
		C, Sb, Sd, G (rye, wheat)	
	Traditional	Beef & Vegetable Pie, Bordelaise Potatoes and Cauliflower Cheese	£2.10
		C, Sb, G (wheat), M	
Dessert	Chocolate Sponge and Custard	90p	
	G (wheat), E, M		
<b>THURSDAY</b>	Fast Food	Sausages, Chips and Baked Beans	£2.10
		M, Sd, G (wheat)	
	Traditional	Roasted Red Pepper, Chive & Gruyere Cheese Risotto with Salad Leaves	£2.10
		G (wheat), M, E	
Dessert	Raspberry Fool with a Shortbread Biscuit	90p	
	M, G (wheat). Non-vegetarian		
<b>FRIDAY</b>	Fast Food	Pasta with a Choice of Two Sauces	£2.10
		Ask staff for allergens	
	Traditional	Fish Fingers, Parsley Potatoes and Mushy Peas	£2.10
		G (wheat), F, M, Mu	
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

# St. Aidan's Catering

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

17th - 21st 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, Sb)
- Egg and Cress (E, Mu, G, M, Sb)
- Cheddar Cheese with Tomato (M, G, Sb)
  - Beef (G, M, Sb)
  - Ham (G, M, Sb)
  - Turkey (G, M, Sb)

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
Roasted Stuffed Lamb Shoulder	Roast Pork Loin and Apple Sauce	Barbecue Turkey Breast	Sausages with Onion Gravy	Fish Fingers and Tartare Sauce
G (wheat), C, Sb, Sd	G (wheat), C, Sb	G (wheat, rye), C, Sb, Sd	G (wheat), C, Sb, M, Sd	G (wheat), F, M, Mu, E

### Weekly Specials

<b>Soup of the Week with a Bread Roll (G, E, M, Sb)</b>	Leek & Potato Soup	£1.70
	C, Sb, M	
<b>Healthy Choice Salad</b>	Parma Ham, Buffalo Mozzarella, Roasted Tomatoes and Black Olives with Balsamic Glaze	£1.90
	M, Sd	
<b>Salad of the Week</b>	Pasta Salad with Roasted Mediterranean Vegetables, Tomato & Pesto Dressing and Parmesan Shavings	£1.90
	G (wheat, rye), M, E, Sd	
<b>Jacket Potato</b>	Cheese 'n' Beans	£2.10
	M - cheese only	
<b>Jacket Potato of the Week</b>	Savoury Minced Beef with Vegetables	£2.10
	C, Sb	
<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

17th - 21st 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>	Chicken Madras with Egg Fried Rice
	Mu, G (wheat), M, C, Sb, E
<b>Tuesday</b>	Spaghetti Bolognese with Parmesan Cheese
	G (wheat, barley), F,C, Sb, M, E
<b>Wednesday</b>	Barbecue Turkey Breast with Soft Noodles
	C, Sb, Sd, G (rye, wheat)
<b>Thursday</b>	Sausages, Chips and Baked Beans
	M, Sd, G (wheat)
<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>	Stuffed Lamb Shoulder, New Potatoes, Minted Peas and Gravy
	G (wheat), Sb, Sd, C
	Jam Sponge and Custard
	G (wheat), E, M
<b>Tuesday</b>	Roasted Pork Loin, Apple Sauce, Roast Potatoes, Carrots and Gravy
	C, Sb
	Apple Crumble and Custard
	G (wheat), M
<b>Wednesday</b>	Jacket Potato with Cheese 'n' Beans
	M - cheese only
	Chocolate Sponge and Custard
	G (wheat), E, M
<b>Thursday</b>	Roasted Red Pepper, Chive & Gruyere Cheese Risotto with Salad Leaves
	G (wheat), M, E
	Fresh Fruit
<b>Friday</b>	Fish Fingers, Parsley Potatoes and Mushy Peas
	G (wheat), F, M, Mu
	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.**

# St. Aidan's Catering

## DELI BAR MENU

17th - 21st June 2019

### Hot Roast Baguette (G) - £2.20

Monday	Tuesday	Wednesday	Thursday	Friday
Roasted Stuffed Lamb Shoulder	Roast Pork Loin and Apple Sauce	Barbecue Turkey Breast	Sausages with Onion Gravy	Fish Fingers and Tartare Sauce
G (wheat), C, Sb, Sd	G (wheat), C, Sb	G (wheat, rye), C, Sb, Sd	G (wheat), C, Sb, M, Sd	G (wheat), F, M, Mu, E

### Weekly Specials

Wrap of the Week (G)	Spanish Style Smoked Paprika Chicken with Crisp Salad and Guacamole Dressing	£2.10
	G (wheat), Sd, E	
Soup of the Week with a Bread Roll (G, E, M, Sb)	Leek & Potato Soup	£1.70
	C, Sb, M	
Healthy Choice Salad	Parma Ham, Buffalo Mozzarella, Roasted Tomatoes and Black Olives with Balsamic Glaze	£1.90
	M, Sd	
Salad of the Week	Pasta Salad with Roasted Mediterranean Vegetables, Tomato & Pesto Dressing and Parmesan Shavings	£1.90
	G (wheat, rye), M, E, Sd	
Jacket Potato	Cheese 'n' Beans	£2.20
	M - cheese only	
Jacket Potato of the Week	Savoury Minced Beef with Vegetables	£2.20
	C, Sb	

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# St. Aidan's Catering

## SIXTH FORM - LUNCH MENU

17th - 21st June 2019

### Daily Special Options

<b>Monday</b>	Chicken Madras with Egg Fried Rice	£2.10
	Mu, G (wheat), M, C, Sb, E	
	Jam Sponge and Custard	90p
	G (wheat), E, M	
<b>Tuesday</b>	Spaghetti Bolognese with Parmesan Cheese	£2.10
	G (wheat, barley), F,C, Sb, M, E	
	Apple Crumble and Custard	90p
	G (wheat), M	
<b>Wednesday</b>	Barbecue Turkey Breast with Soft Noodles	£2.10
	C, Sb, Sd, G (rye, wheat)	
	Chocolate Sponge and Custard	90p
	G (wheat), E, M	
<b>Thursday</b>	Sausages, Chips and Baked Beans	£2.10
	M, Sd, G (wheat)	
	Raspberry Fool with a Shortbread Biscuit	90p
	M, G (wheat). Non-vegetarian	
<b>Friday</b>	Beef & Vegetable Stew in a Giant Yorkshire Pudding	£2.10
	C, Sb, G (wheat), E, M	
	Sticky Toffee Pudding 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>	Savoury Minced Beef with Vegetables	£2.10
	C, Sb	
<b>Healthy Choice Salad</b>	Parma Ham, Buffalo Mozzarella, Roasted Tomatoes and Black Olives with Balsamic Glaze	£1.90
	M, Sd	
<b>Salad of the Week</b>	Pasta Salad with Roasted Mediterranean Vegetables, Tomato & Pesto Dressing and Parmesan Shavings	£1.90
	G (wheat, rye), M, E, Sd	
<b>Vegetarian Dish</b>	Changed Daily	£1.85
<b>Soup of the Week with a Bread Roll (G, E, M, Sb)</b>	Leek & Potato Soup	£1.70
	C, Sb, M	
<b>Wrap of the Week (G)</b>	Spanish Style Smoked Paprika Chicken with Crisp Salad and Guacamole Dressing	£2.10
	G (wheat), Sd, E	

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