

St. Aidan's Catering

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

24th - 28th June 2019

MONDAY	Fast Food	Creamy Chicken Curry with Egg Fried Rice	£2.10
		G (wheat), M, Mu, C, Sb, E	
	Traditional	Roast Loin of Pork with Stuffing, Apple Sauce, Roast Potatoes and Glazed Carrots	£2.10
		C, Sb, G (wheat)	
Dessert	Treacle Sponge and Custard	90p	
	G (wheat), E, M		
TUESDAY	Fast Food	Lasagne with Salad Leaves	£2.10
		G (wheat, barley), F, C, Sb, M	
	Traditional	Sugar Baked Bacon Loin, New Potatoes and Buttered Sweetcorn	£2.10
Dessert	Apple & Raspberry Crumble with Custard	90p	
	G (wheat), M		
WEDNESDAY	Fast Food	Sweet 'n' Sour Chicken Leg with Soft Noodles	£2.10
		C, Sb, G (wheat)	
	Traditional	Toad in the Hole, Chive Mash, Cabbage and Gravy	£2.10
		G (wheat), M, Sd, E, 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), C, M, Mu, Sb, S	
	Traditional	Fresh Vegetable Stroganoff with Braised Rice	£2.10
		C, Sb, M	
Dessert	Eton Mess	90p	
	M, E		
FRIDAY	Fast Food	Pasta with a Choice of Two Sauces	£2.10
		Ask staff for allergens	
	Traditional	Lincolnshire Fish Cakes, Minted New Potatoes, Peas and Tartare Sauce	£2.10
		G (wheat), F, Mu	
Dessert	Chocolate & Vanilla Sponge with 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

24th - 28th 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
Roast Pork and Apple Sauce	Sugar Baked Bacon Loin	Sweet 'n' Sour Turkey Breast	Roast Lamb Shoulder	Sausages and Onion Gravy
G (wheat), C, Sb	G (wheat)	G (wheat), C, Sb	G (wheat), C, Sb, Sd	G (wheat), M, Sd, C, Sb

Weekly Specials

Soup of the Week with a Bread Roll (G, E, M, Sb)	Sweet Potato, Garlic & Fresh Parmesan Soup	£1.70
	C, Sb, M, E	
Healthy Choice Salad	Spicy Chicken & Chorizo Salad with Lemon & Paprika Mayonnaise	£1.90
	Sd, E	
Salad of the Week	Indian Vegetable Savouries with Cucumber & Mint Yoghurt	£1.90
	G (wheat), C, Sb, M	
Jacket Potato	Cheese 'n' Beans	£2.10
	M - cheese only	
Jacket Potato of the Week	Tuna & Sweetcorn Mayonnaise	£2.10
	F, E	
Vegetarian Dish	Changed Daily	£1.85
Dessert	Changed Daily	90p

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Main Hall - YEAR 7 MENU

24th - 28th 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

Monday	Creamy Chicken Curry with Egg Fried Rice
	G (wheat), M, Mu, C, Sb, E
Tuesday	Lasagne with Salad Leaves
	G (wheat, barley), F, C, Sb, M
Wednesday	Sweet 'n' Sour Chicken Leg with Soft Noodles
	C, Sb, G (wheat)
Thursday	Battered Chicken Burger in a Sesame Seed Bun with Fries and Relish
	G (wheat), C, M, Mu, Sb, S
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	Roast Loin of Pork with Stuffing, Apple Sauce, Roast Potatoes and Glazed Carrots
	C, Sb, G (wheat)
	Treacle Sponge and Custard
Tuesday	G (wheat), E, M
	Sugar Baked Bacon Loin, New Potatoes and Buttered Sweetcorn
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Wednesday	Apple & Raspberry Crumble with Custard
	G (wheat), M
	Jacket Potato with Cheese 'n' Beans
Thursday	M - cheese only
	Jam Sponge and Custard
	G (wheat), E, M
Friday	Fresh Vegetable Stroganoff with Braised Rice
	C, Sb, M
	Fresh Fruit
Friday	Lincolnshire Fish Cakes, Minted New Potatoes, Peas and Tartare Sauce
	G (wheat), F, Mu
	Chocolate & Vanilla Sponge with 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

24th - 28th June 2019

Hot Roast Baguette (G) - £2.20

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Pork and Apple Sauce	Sugar Baked Bacon Loin	Sweet 'n' Sour Turkey Breast	Roast Lamb Shoulder	Sausages and Onion Gravy
G (wheat), C, Sb	G (wheat)	G (wheat), C, Sb	G (wheat), C, Sb, Sd	G (wheat), M, Sd, C, Sb

Weekly Specials

Wrap of the Week (G)	Thai Spiced Chicken & Thai Coleslaw with Crisp Salad	£2.10
	G (wheat), Cru, E	
Soup of the Week with a Bread Roll (G, E, M, Sb)	Sweet Potato, Garlic & Fresh Parmesan Soup	£1.70
	C, Sb, M, E	
Healthy Choice Salad	Spicy Chicken & Chorizo Salad with Lemon & Paprika Mayonnaise	£1.90
	Sd, E	
Salad of the Week	Indian Vegetable Savouries with Cucumber & Mint Yoghurt	£1.90
	G (wheat), C, Sb, M	
Jacket Potato	Cheese 'n' Beans	£2.20
	M - cheese only	
Jacket Potato of the Week	Tuna & Sweetcorn Mayonnaise	£2.20
	F, E	

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SIXTH FORM - LUNCH MENU

24th - 28th June 2019

Daily Special Options

Monday	Creamy Chicken Curry with Egg Fried Rice	£2.10
	G (wheat), M, Mu, C, Sb, E	
	Treacle Sponge and Custard	90p
	G (wheat), E, M	
Tuesday	Lasagne with Salad Leaves	£2.10
	G (wheat, barley), F, C, Sb, M	
	Apple & Raspberry Crumble with Custard	90p
	G (wheat), M	
Wednesday	Sweet 'n' Sour Chicken Leg 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), C, M, Mu, Sb, S	
	Eton Mess	90p
	M, E	
Friday	Beef & Vegetable Stew in a Giant Yorkshire Pudding	£2.10
	C, Sb, G (wheat), E, M	
	Chocolate & Vanilla Sponge with Custard	90p
	G (wheat), E, M	

Weekly Specials

Jacket Potato	Cheese 'n' Beans	£2.10
	M - cheese only	
Jacket Potato of the Week	Tuna & Sweetcorn Mayonnaise	£2.10
	F, E	
Healthy Choice Salad	Spicy Chicken & Chorizo Salad with Lemon & Paprika Mayonnaise	£1.90
	Sd, E	
Salad of the Week	Indian Vegetable Savouries with Cucumber & Mint Yoghurt	£1.90
	G (wheat), C, Sb, M	
Vegetarian Dish	Changed Daily	£1.85
Soup of the Week with a Bread Roll (G, E, M, Sb)	Sweet Potato, Garlic & Fresh Parmesan Soup	£1.70
	C, Sb, M, E	
Wrap of the Week (G)	Thai Spiced Chicken & Thai Coleslaw with Crisp Salad	£2.10
	G (wheat), Cru, E	

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