

St. Aidan's Catering

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

2nd - 6th September 2019

MONDAY	Fast Food		£2.30
	Traditional	TRAINING DAY	£2.30
	Dessert		95p
TUESDAY	Fast Food	Chicken Madras with Egg Fried Rice	£2.30
		G (wheat), Mu, M, C, Sb, E	
	Traditional	Beef & Vegetable Pie, Roast Potatoes and Cauliflower Cheese	£2.30
		G (wheat), C, Sb, M	
Dessert	Treacle Sponge and Custard	95p	
	G (wheat), E, M		
WEDNESDAY	Fast Food	Chinese Style Pork Loin with Soft Noodles	£2.30
		C, Sb, G (wheat)	
	Traditional	Shepherds Pie, Braised Cabbage and Gravy	£2.30
		M, C, Sb	
Dessert	Apple Crumble and Custard	95p	
	G (wheat), M		
THURSDAY	Fast Food	Battered Chicken Burger in a Sesame Seed Bun with Fried and Relish	£2.30
		G (wheat), C, M, Mu, Sb, S	
	Traditional	Vegetable Stroganoff with Coriander Rice	£2.30
		C, Sb, M	
Dessert	Banoffee Pie	95p	
	G (wheat), M		
FRIDAY	Fast Food	Pasta with a Choice of Two Sauces	£2.30
		Ask staff for allergens	
	Traditional	Fish Fingers, New Potatoes, Peas and Tartare Sauce	£2.30
		G (wheat), F, M, Mu	
Dessert	Chocolate & Vanilla Sponge with Chocolate Custard	95p	
	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

2nd - 6th September 2019

A Selection of Freshly Cut Sandwiches on White, Brown or Wholemeal Breads from £1.40

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 £1.40

A Selection of Freshly Filled Continental Breads e.g. Bagels, Baguettes, Ciabattas from £2.15

Hot Roast Baguette (G) - £2.25

Monday	Tuesday	Wednesday	Thursday	Friday
Training Day	Roast Turkey and Cranberry Sauce	Chinese Pork Loin	Stuffed Lamb Shoulder and Mint Gravy	Fish Fingers and Tartare Sauce
	G (wheat), C, Sb	G (wheat), C, Sb	G (wheat), C, Sb, Sd	G (wheat), F, M, Mu, E

Weekly Specials

Soup of the Week with a Bread Roll (G, E, M, Sb)	Leek, Potato & Cheddar Cheese Soup	£1.70
	C, Sb, M	
Healthy Choice Salad	Roasted Vegetable & Cous Cous Salad with Pesto Oil	£1.90
	G (wheat, rye), M, C, Sb, Sd	
Salad of the Week	Crisp Bacon & Yorkshire Blue Cheese Salad with Cherry Tomatoes and Balsamic Glaze	£1.90
	M, Sd	
Jacket Potato	Cheese 'n' Beans	£2.15
	M - cheese only	
Jacket Potato of the Week	Chilli Con Carne	£2.15
	C, Sb	
Vegetarian Dish	Changed Daily	£1.85
Dessert	Changed Daily	95p

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Main Hall - YEAR 7 MENU

2nd - 6th September 2019

Meal Deal 1 - The Lite Bite - £2.90

- A Selection of Freshly Cut Sandwiches on White, Brown or Wholemeal Breads
- A Piece of Fresh Fruit
- A Hot Pudding or Cake

Meal Deal 2 - The Lite Bite - £2.90

Monday	TRAINING DAY
Tuesday	Chicken Madras with Egg Fried Rice G (wheat), Mu, M, C, Sb, E
Wednesday	Chinese Style Pork Loin with Soft Noodles C, Sb, G (wheat)
Thursday	Battered Chicken Burger in a Sesame Seed Bun with Fried 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

Meal Deal 3 - Traditional - £2.90

Monday	TRAINING DAY
Tuesday	Beef & Vegetable Pie, Roast Potatoes and Cauliflower Cheese G (wheat), C, Sb, M Treacle Sponge and Custard G (wheat), E, M
Wednesday	Jacket Potato with Cheese 'n' Beans M - cheese only Apple Crumble and Custard G (wheat), M
Thursday	Vegetable Stroganoff with Coriander Rice C, Sb, M Fresh Fruit
Friday	Fish Fingers, New Potatoes, Peas and Tartare Sauce G (wheat), F, M, Mu Chocolate & Vanilla Sponge with Chocolate Custard G (wheat), E, M

Meal Deal 3: Dessert can be omitted for a Piece of Fresh Fruit or Cake

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DELI BAR MENU

2nd - 6th September 2019

Hot Roast Baguette (G) - £2.25

Monday	Tuesday	Wednesday	Thursday	Friday
Training Day	Roast Turkey and Cranberry Sauce	Chinese Pork Loin	Stuffed Lamb Shoulder and Mint Gravy	Fish Fingers and Tartare Sauce
	G (wheat), C, Sb	G (wheat), C, Sb	G (wheat), C, Sb, Sd	G (wheat), F, M, Mu, E

Weekly Specials

Wrap of the Week (G)	Lemon, Garlic & Coriander Chicken with Crisp Salad and Chive Mayonnaise	£2.15
	G (wheat), E, Sd	
Soup of the Week with a Bread Roll (G, E, M, Sb)	Leek, Potato & Cheddar Cheese Soup	£1.70
	C, Sb, M	
Healthy Choice Salad	Roasted Vegetable & Cous Cous Salad with Pesto Oil	£1.90
	G (wheat, rye), M, C, Sb, Sd	
Salad of the Week	Crisp Bacon & Yorkshire Blue Cheese Salad with Cherry Tomatoes and Balsamic Glaze	£1.90
	M, Sd	
Jacket Potato	Cheese 'n' Beans	£2.25
	M - cheese only	
Jacket Potato of the Week	Chilli Con Carne	£2.25
	C, Sb	

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SIXTH FORM - LUNCH MENU

2nd - 6th September 2019

Daily Special Options

Monday		£2.30
	TRAINING DAY	
		95p
Tuesday	Chicken Madras with Egg Fried Rice	£2.30
	G (wheat), Mu, M, C, Sb, E	
	Treacle Sponge and Custard	95p
	G (wheat), E, M	
Wednesday	Chinese Style Pork Loin with Soft Noodles	£2.30
	C, Sb, G (wheat)	
	Apple Crumble and Custard	95p
	G (wheat), M	
Thursday	Battered Chicken Burger in a Sesame Seed Bun with Fried and Relish	£2.30
	G (wheat), C, M, Mu, Sb, S	
	Banoffee Pie	95p
	G (wheat), M	
Friday	Battered Chicken Steak, Braised Rice and Red Pepper Coulis	£2.30
	G (wheat), Sb, C	
	Chocolate & Vanilla Sponge with Chocolate Custard	95p
	G (wheat), E, M	

Weekly Specials

Jacket Potato	Cheese 'n' Beans	£2.15
	M - cheese only	
Jacket Potato of the Week	Chilli Con Carne	£2.15
	C, Sb	
Healthy Choice Salad	Roasted Vegetable & Cous Cous Salad with Pesto Oil	£1.90
	G (wheat, rye), M, C, Sb, Sd	
Salad of the Week	Crisp Bacon & Yorkshire Blue Cheese Salad with Cherry Tomatoes and Balsamic Glaze	£1.90
	M, Sd	
Vegetarian Dish	Changed Daily	£1.85
Soup of the Week with a Bread Roll (G, E, M, Sb)	Leek, Potato & Cheddar Cheese Soup	£1.70
	C, Sb, M	
Wrap of the Week (G)	Lemon, Garlic & Coriander Chicken with Crisp Salad and Chive Mayonnaise	£2.15
	G (wheat), E, Sd	

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YEAR 11 - CAFÉ MENU

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

2nd - 6th September 2019

Hot Roast Baguette (G) - £2.25

Monday	Tuesday	Wednesday	Thursday	Friday
Training Day	Roast Turkey and Cranberry Sauce	Chinese Pork Loin	Battered Chicken Burger in a Sesame Seed Bun with Spicy Wedges	Fish Fingers and Tartare Sauce
	G (wheat), C, Sb	G (wheat), C, Sb	G (wheat), C, M, Mu, Sb, S	G (wheat), F, M, Mu, E

Hot Dish of the Day £2.30

Monday	Tuesday	Wednesday	Thursday	Friday
Training Day	Chicken Madras with Egg Fried Rice	Shepherds Pie with Peas and Gravy	Vegetable Stroganoff with Coriander Rice	Battered Chicken Steak, Braised Rice and Red Pepper Coulis
	G (wheat), Mu, M, C, Sb, E	M, C, Sb	C, Sb, M	G (wheat), Sb, C

Weekly Specials

Hot Wrap of the Week with Salad, Salsa and Dressing (G)	Tandoori Chicken & Mint Yoghurt with Red Onions, Mixed Peppers & Coriander	£2.25
	G (wheat), Mu, N, M	
Soup of the Week with a Bread Roll (G, E, M, Sb)	Leek, Potato & Cheddar Cheese Soup	£1.70
	C, Sb, M	

A Selection of Speciality Home-Made Cakes and Pastries from 65p

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