

St. Aidan's Catering

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

16th - 20th September 2019

MONDAY	Fast Food	Pasta Bolognese with Parmesan Cheese	£2.30
		G (wheat), C, Sb, F, E, M	
	Traditional	Roasted Pork Loin, Apple Sauce, Garlic Roast Potatoes and Peas	£2.30
		C, Sb	
Dessert	Treacle Sponge and Custard	95p	
	G (wheat), M, E		
TUESDAY	Fast Food	Chicken Madras with Egg Fried Rice	£2.30
		G (wheat), M, C, Sb, Mu, E	
	Traditional	Roasted Bacon Loin, Jacket Wedges and Sweetcorn Nibbles	£2.30
Dessert	Apple & Mixed Berry Crumble with Custard	95p	
	G (wheat), M		
WEDNESDAY	Fast Food	Barbecue Turkey with Soft Noodles	£2.30
		Sd, C, Sb, G (wheat, rye)	
	Traditional	Cottage Pie with Cabbage and Gravy	£2.30
		M, C, Sb	
Dessert	Rice Pudding and Raspberry Sauce	95p	
	M		
THURSDAY	Fast Food	Battered Chicken Burger in a Sesame Seed Bun with Fries and Relish	£2.30
		G (wheat), S, Mu, M, C	
	Traditional	Vegetable Tikka Masala with Steamed Rice and Minted Yoghurt	£2.30
		N, C, Sb, Mu, M	
Dessert	Eton Mess	95p	
	E, M		
FRIDAY	Fast Food	Pasta with a Choice of Two Sauces	£2.30
		G (wheat), C, Sb (Please ask for second sauce)	
	Traditional	Fish Fingers, Parsley Potatoes, Garden Peas and Tartare Sauce	£2.30
		G (wheat), F, M, Mu, E	
Dessert	Chocolate 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

16th - 20th 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
Roast Pork and Apple Sauce	Roast Bacon Loin	Barbecue Turkey	Roast Stuffed Lamb Shoulder	Sausages with Onion Gravy
G (wheat), C, Sb	G (wheat)	Sd, G (wheat, rye), C, Sb	G (wheat), Sb, Sd, C	G (wheat), M, Sd, C

Weekly Specials

Soup of the Week with a Bread Roll (G, E, M, Sb)	Sweet Potato with Garlic & Coriander and Fresh Parmesan Cheese	£1.70
	G (wheat), M, E, C, Sb	
Healthy Choice Salad	Toulouse Sausage & New Potato Salad with Spring Onions and Dijon Mustard Mayonnaise	£1.90
	G (wheat), Sb, Sd, M, E, Mu	
Salad of the Week	Salmon Nicoise Salad with Potatoes, Green Beans, Tomatoes and Olives	£1.90
	F, G (wheat), Mu, Sd	
Jacket Potato	Cheese 'n' Beans	£2.15
	M - cheese only	
Jacket Potato of the Week	Vegetable, Chick Pea and Spinach Curry	£2.15
	C, Sb, Mu, M	
Vegetarian Dish	Changed Daily	£1.85
Dessert	Changed Daily	95p

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Main Hall - YEAR 7 MENU

16th - 20th 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	Pasta Bolognese with Parmesan Cheese
	G (wheat), C, Sb, F, E, M
Tuesday	Chicken Madras with Egg Fried Rice
	G (wheat), M, C, Sb, Mu, E
Wednesday	Barbecue Turkey with Soft Noodles
	Sd, C, Sb, G (wheat, rye)
Thursday	Battered Chicken Burger in a Sesame Seed Bun with Fries and Relish
	G (wheat), S, Mu, M, C
Friday	Pasta with a Choice of Two Sauces
	G (wheat), C, Sb (Please ask for second sauce)

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	Roasted Pork Loin, Apple Sauce, Garlic Roast Potatoes and Peas
	C, Sb
	Treacle Sponge and Custard
	G (wheat), M, E
Tuesday	Roasted Bacon Loin, Jacket Wedges and Sweetcorn Nibbles
	Apple & Mixed Berry Crumble with Custard
	G (wheat), M
Wednesday	Jacket Potato with Cheese 'n' Beans
	M - cheese only
	Rice Pudding and Raspberry Sauce
	M
Thursday	Vegetable Tikka Masala with Steamed Rice and Minted Yoghurt
	N, C, Sb, Mu, M
	Fresh Fruit
Friday	Fish Fingers, Parsley Potatoes, Garden Peas and Tartare Sauce
	G (wheat), F, M, Mu, E
	Chocolate Sponge with Chocolate Custard
	G (wheat), E, M

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

St. Aidan's Catering

DELI BAR MENU

16th - 20th September 2019

Hot Roast Baguette (G) - £2.25

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Pork and Apple Sauce	Roast Bacon Loin	Barbecue Turkey	Roast Stuffed Lamb Shoulder	Sausages with Onion Gravy
G (wheat), C, Sb	G (wheat)	Sd, G (wheat, rye), C, Sb	G (wheat), Sb, Sd, C	G (wheat), M, Sd, C

Weekly Specials

Wrap of the Week G (wheat)	Spanish Style Chicken with Crisp Salad and Guacamole Dressing	£2.15
	G (wheat), E, Sd	
Soup of the Week with a Bread Roll (G, E, M, Sb)	Sweet Potato with Garlic & Coriander and Fresh Parmesan Cheese	£1.70
	G (wheat), M, E, C, Sb	
Healthy Choice Salad	Toulouse Sausage & New Potato Salad with Spring Onions and Dijon Mustard Mayonnaise	£1.90
	G (wheat), Sb, Sd, M, E, Mu	
Salad of the Week	Salmon Nicoise Salad with Potatoes, Green Beans, Tomatoes and Olives	£1.90
	F, G (wheat), Mu, Sd	
Jacket Potato	Cheese 'n' Beans	£2.40
	M - cheese only	
Jacket Potato of the Week	Vegetable, Chick Pea and Spinach Curry	£2.40
	C, Sb, Mu, M	

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SIXTH FORM - LUNCH MENU

16th - 20th September 2019

Daily Special Options

Monday	Pasta Bolognese with Parmesan Cheese	£2.30
	G (wheat), C, Sb, F, E, M	
	Treacle Sponge and Custard	95p
	G (wheat), M, E	
Tuesday	Chicken Madras with Egg Fried Rice	£2.30
	G (wheat), M, C, Sb, Mu, E	
	Apple & Mixed Berry Crumble with Custard	95p
	G (wheat), M	
Wednesday	Barbecue Turkey with Soft Noodles	£2.30
	Sd, C, Sb, G (wheat, rye)	
	Rice Pudding and Raspberry Sauce	95p
	M	
Thursday	Battered Chicken Burger in a Sesame Seed Bun with Fries and Relish	£2.30
	G (wheat), S, Mu, M, C	
	Eton Mess	95p
	E, M	
Friday	Beef & Vegetable Stew in a Giant Yorkshire Pudding	£2.30
	G (wheat), M, E, C, Sb	
	Chocolate 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	Vegetable, Chick Pea and Spinach Curry	£2.15
	C, Sb, Mu, M	
Healthy Choice Salad	Toulouse Sausage & New Potato Salad with Spring Onions and Dijon Mustard Mayonnaise	£1.90
	G (wheat), Sb, Sd, M, E, Mu	
Salad of the Week	Salmon Nicoise Salad with Potatoes, Green Beans, Tomatoes and Olives	£1.90
	F, G (wheat), Mu, Sd	
Vegetarian Dish	Changed Daily	£1.85
Soup of the Week with a Bread Roll (G, E, M, Sb)	Sweet Potato with Garlic & Coriander and Fresh Parmesan Cheese	£1.70
	G (wheat), M, E, C, Sb	
Wrap of the Week (wheat)	G Spanish Style Chicken with Crisp Salad and Guacamole Dressing	£2.15
	G (wheat), E, Sd	

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YEAR 11 - CAFÉ MENU

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

16th - 20th September 2019

Hot Roast Baguette (G) - £2.25

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Pork and Apple Sauce	Roast Bacon Loin	Barbecue Turkey	Battered Chicken Burger in a Sesame Seed Bun with Spicy Wedges	Sausages with Onion Gravy
G (wheat), C, Sb	G (wheat)	Sd, G (wheat, rye), C, Sb	G (wheat), C, S, Mu, M	G (wheat), M, Sd, C

Hot Dish of the Day £2.30

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Bolognese with Parmesan Cheese	Chicken Madras with Egg Fried Rice	Barbecue Turkey	Vegetable Tikka Masala with Steamed Rice and Minted Yoghurt	Jacket Potato with Cheese 'n' Beans
G (wheat), C, Sb, F, E, M	G (wheat), M, C, Sb, Mu, E	Sd, C, Sb, G (wheat, rye)	N, C, Sb, Mu, M	M - cheese only

Weekly Specials

Hot Wrap of the Week with Salad, Salsa and Dressing G (wheat)	Red Thai Curried Chicken with Coconut Milk, Red Onions and Mixed Peppers	£2.25
	Cru, G (wheat)	
Soup of the Week with a Bread Roll (G, E, M, Sb)	Sweet Potato with Garlic & Coriander and Fresh Parmesan Cheese	£1.70
	G (wheat), M, E, C, Sb	

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

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