

# St. Aidan's Catering

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

23rd - 27th September 2019

|                  |   |   |       |
|------------------|---|---|-------|
| <b>MONDAY</b>    | Fast Food   | Chicken Rogan Josh with Egg Fried Rice                              | £2.30 |
|                  |   | G (wheat), C, Sb, M, Mu, E  |       |
|                  | Traditional                                       | Beef & Vegetable Pie, Chive Potatoes and Glazed Carrots             | £2.30 |
|                  |   | G (wheat), C, Sb  |       |
| Dessert          | Jam Sponge and Custard                            | 95p   |       |
|                  | G (wheat), E, M                                   |   |       |
| <b>TUESDAY</b>   | Fast Food   | Lasagne with Salad Leaves   | £2.30 |
|                  |   | G (wheat, rye), M, C, Sb, F   |       |
|                  | Traditional                                       | Roast Pork Loin, Apple Sauce, Roast Potatoes, Garden Peas and Gravy | £2.30 |
|                  |   | C, Sb   |       |
| Dessert          | Apple Crumble and Custard                         | 95p   |       |
|                  | G (wheat), M                                      |   |       |
| <b>WEDNESDAY</b> | Fast Food   | Sweet 'n' Sour Chicken Leg with Soft Noodles                        | £2.30 |
|                  |   | G (wheat)   |       |
|                  | Traditional                                       | Shepherds Pie, Savoy Cabbage and Gravy                              | £2.30 |
|                  |   | C, Sb, M  |       |
| Dessert          | Chocolate & Vanilla Sponge with Chocolate Custard | 95p   |       |
|                  | G (wheat), E, M                                   |   |       |
| <b>THURSDAY</b>  | Fast Food   | Sausages with Chips and Baked Beans                                 | £2.30 |
|                  |   | C, Sb, Sd, M, G (wheat)   |       |
|                  | Traditional                                       | Mushroom & Roasted Pepper Risotto with Garlic Bread and Mixed Salad | £2.30 |
|                  |   | C, Sb, M, E, G (wheat)  |       |
| Dessert          | Banoffee Pie                                      | 95p   |       |
|                  | G (wheat), M                                      |   |       |
| <b>FRIDAY</b>    | Fast Food   |   | £2.30 |
|                  |   |   |       |
|                  | Traditional                                       | <b>No Lunches Served Today</b>                                      | £2.30 |
|                  |   |   |       |
| Dessert          |   | 95p   |       |
|                  |   |   |       |

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

23rd - 27th September 2019

A Selection of Freshly Cut Sandwiches on Brown Bread or White Bread: G (wheat), Sb or Granary Bread G (wheat, barley), Sb

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 Freshly Filled Continental Breads e.g. Bagels, Baguettes, Ciabattas from £2.15  
(Please ask the Server for Allergen Information)

### Hot Roast Baguette G (wheat) - £2.25

| Monday                 | Tuesday                         | Wednesday             | Thursday                  | Friday                         |
|------------------------|---------------------------------|-----------------------|---------------------------|--------------------------------|
| Honey Roast Bacon Loin | Roast Pork Loin and Apple Sauce | Sweet 'n' Sour Turkey | Sausages with Onion Gravy | <b>No Lunches Served Today</b> |
|                        | C, Sb                           |                       | Sb, Sd, C, M, G           |                                |

### Weekly Specials

|   |   |       |
|---|---|-------|
| <b>Soup of the Week with a Bread Roll (G, E, M, Sb)</b> | Mulligatawny Soup (A Creamy Vegetable & Lentil Broth with Asian Spices)             | £1.70 |
|   | Mu, C, Sb, M  |       |
| <b>Healthy Choice Salad</b>                             | Crispy Bacon with Roasted Cherry Tomatoes, Avocado, Olives and a Garlic Vinaigrette | £1.90 |
|   | Mu, Sd  |       |
| <b>Salad of the Week</b>                                | Coronation Turkey & Rice Salad with Pineapple, Mango and Curried Mayonnaise         | £1.90 |
|   | Mu, M, E  |       |
| <b>Jacket Potato</b>                                    | Cheese 'n' Beans  | £2.15 |
|   | M - cheese only   |       |
| <b>Jacket Potato of the Week</b>                        | Beef & Mushroom Stroganoff  | £2.15 |
|   | M, C, Sb  |       |
| <b>Vegetarian Dish</b>                                  | Changed Daily. Please ask the Server for Allergen Information.                      | £1.85 |
| <b>Dessert</b>  | Changed Daily. Please see the Main Meals Menu.                                      | 95p   |
|   |   |       |

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## Main Hall - YEAR 7 MENU

23rd - 27th September 2019

### Meal Deal '1 - The Lite Bite - £2.90

- A Selection of Freshly Cut Sandwiches on Brown Bread or White Bread: Sb, G (wheat) or Granary Bread Sb, G (wheat, barley)
- A Piece of Fresh Fruit
- A Hot Pudding, Cake or Biscuit

**Note: All our Homemade Cakes and Biscuits contain G (wheat), E, M, Sb, Sd**

### Meal Deal : 2 - The Lite Bite - £2.90

|                  |  |
|------------------|--|
| <b>Monday</b>    | Chicken Rogan Josh with Egg Fried Rice       |
|                  | G (wheat), C, Sb, M, Mu, E                   |
| <b>Tuesday</b>   | Lasagne with Salad Leaves                    |
|                  | G (wheat, rye), M, C, Sb, F                  |
| <b>Wednesday</b> | Sweet 'n' Sour Chicken Leg with Soft Noodles |
|                  | G (wheat)                                    |
| <b>Thursday</b>  | Sausages with Chips and Baked Beans          |
|                  | C, Sb, Sd, M, G (wheat)                      |
| <b>Friday</b>    | <b>No Lunches Served Today</b>               |
|                  |  |

**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

|                  |   |
|------------------|---|
| <b>Monday</b>    | Beef & Vegetable Pie, Chive Potatoes and Glazed Carrots             |
|                  | G (wheat), C, Sb  |
|                  | Jam Sponge and Custard  |
|                  | G (wheat), E, M   |
| <b>Tuesday</b>   | Roast Pork Loin, Apple Sauce, Roast Potatoes, Garden Peas and Gravy |
|                  | C, Sb   |
|                  | Apple Crumble and Custard   |
|                  | G (wheat), M  |
| <b>Wednesday</b> | Jacket Potato with Cheese 'n' Beans                                 |
|                  | M - cheese only   |
|                  | Chocolate & Vanilla Sponge with Chocolate Custard                   |
|                  | G (wheat), E, M   |
| <b>Thursday</b>  | Mushroom & Roasted Pepper Risotto with Garlic Bread and Mixed Salad |
|                  | C, Sb, M, E, G (wheat)  |
|                  | Fresh Fruit   |
|                  |   |
| <b>Friday</b>    | <b>No Lunches Served Today</b>                                      |
|                  |   |
|                  |   |
|                  |   |

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

# St. Aidan's Catering

## DELI BAR MENU

23rd - 27th September 2019

### Hot Roast Baguette G (wheat) - £2.25

| Monday                 | Tuesday                         | Wednesday             | Thursday                  | Friday                         |
|------------------------|---------------------------------|-----------------------|---------------------------|--------------------------------|
| Honey Roast Bacon Loin | Roast Pork Loin and Apple Sauce | Sweet 'n' Sour Turkey | Sausages with Onion Gravy | <b>No Lunches Served Today</b> |
|                        | C, Sb                           |                       | G (wheat), Sb, Sd, C, M,  |                                |

### Weekly Specials

|   |   |       |
|---|---|-------|
| <b>Wrap of the Week<br/>G (wheat)</b>                           | Lemon, Garlic & Coriander Chicken with Crisp Salad and Chive Mayonnaise             | £2.15 |
|   | E, Sd   |       |
| <b>Soup of the Week<br/>with a Bread Roll<br/>(G, E, M, Sb)</b> | Mulligatawny Soup (A Creamy Vegetable & Lentil Broth with Asian Spices)             | £1.70 |
|   | Mu, C, Sb, M  |       |
| <b>Healthy Choice Salad</b>                                     | Crispy Bacon with Roasted Cherry Tomatoes, Avocado, Olives and a Garlic Vinaigrette | £1.90 |
|   | Mu, Sd  |       |
| <b>Salad of the Week</b>  | Coronation Turkey & Rice Salad with Pineapple, Mango and Curried Mayonnaise         | £1.90 |
|   | Mu, M, E  |       |
| <b>Jacket Potato</b>  | Cheese 'n' Beans  | £2.40 |
|   | M - cheese only   |       |
| <b>Jacket Potato of the week</b>                                | Beef & Mushroom Stroganoff  | £2.40 |
|   | M, C, Sb  |       |

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# St. Aidan's Catering

## SIXTH FORM - LUNCH MENU

23rd - 27th September 2019

### Daily Special Options

|                  |   |       |
|------------------|---|-------|
| <b>Monday</b>    | Chicken Rogan Josh with Egg Fried Rice            | £2.30 |
|                  | G (wheat), C, Sb, M, Mu, E                        |       |
|                  | Jam Sponge and Custard                            | 95p   |
|                  | G (wheat), E, M                                   |       |
| <b>Tuesday</b>   | Lasagne with Salad Leaves                         | £2.30 |
|                  | G (wheat, rye), M, C, Sb, F                       |       |
|                  | Apple Crumble and Custard                         | 95p   |
|                  | G (wheat), M                                      |       |
| <b>Wednesday</b> | Sweet 'n' Sour Chicken Leg with Soft Noodles      | £2.30 |
|                  | G (wheat)   |       |
|                  | Chocolate & Vanilla Sponge with Chocolate Custard | 95p   |
|                  | G (wheat), E, M                                   |       |
| <b>Thursday</b>  | Sausages with Chips and Baked Beans               | £2.30 |
|                  | C, Sb, Sd, M, G (wheat)                           |       |
|                  | Banoffee Pie                                      | 95p   |
|                  | G (wheat), M                                      |       |
| <b>Friday</b>    | <b>No Lunches Served Today</b>                    |       |
|                  |   | £2.30 |
|                  |   | 95p   |

### Weekly Specials

|   |   |       |
|---|---|-------|
| <b>Jacket Potato</b>                                    | Cheese 'n' Beans  | £2.15 |
|   | M - cheese only   |       |
| <b>Jacket Potato of the Week</b>                        | Beef & Mushroom Stroganoff  | £2.15 |
|   | M, C, Sb  |       |
| <b>Healthy Choice Salad</b>                             | Crispy Bacon with Roasted Cherry Tomatoes, Avocado, Olives and a Garlic Vinaigrette | £1.90 |
|   | Mu, Sd  |       |
| <b>Salad of the Week</b>                                | Coronation Turkey & Rice Salad with Pineapple, Mango and Curried Mayonnaise         | £1.90 |
|   | Mu, M, E  |       |
| <b>Vegetarian Dish</b>                                  | Changed Daily. Please ask the Server for Allergen Information.                      | £1.85 |
|   |   |       |
| <b>Soup of the Week with a Bread Roll (G, E, M, Sb)</b> | Mulligatawny Soup (A Creamy Vegetable & Lentil Broth with Asian Spices)             | £1.70 |
|   | Mu, C, Sb, M  |       |
| <b>Wrap of the Week G (wheat)</b>                       | Lemon, Garlic & Coriander Chicken with Crisp Salad and Chive Mayonnaise             | £2.15 |
|   | E, Sd   |       |

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## St. Aidan's Catering

### YEAR 11 - CAFÉ MENU

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

23rd - 27th September 2019

#### Hot Roast Baguette G (wheat) - £2.25

| Monday                 | Tuesday                         | Wednesday             | Thursday                   | Friday                         |
|------------------------|---------------------------------|-----------------------|----------------------------|--------------------------------|
| Honey Roast Bacon Loin | Roast Pork Loin and Apple Sauce | Sweet 'n' Sour Turkey | Sausages with Spicy Wedges | <b>No Lunches Served Today</b> |
|                        | C, Sb                           |                       | Sb, Sd, C, M, G (wheat)    |                                |

#### Hot Dish of the Day £2.30

| Monday                                 | Tuesday                           | Wednesday                         | Thursday  | Friday                         |
|--|-----------------------------------|-----------------------------------|---|--------------------------------|
| Chicken Rogan Josh with Egg Fried Rice | Chilli Con Carne with Taco Shells | Shepherds Pie with Peas and Gravy | Mushroom & Roasted Pepper Risotto with Garlic Bread | <b>No Lunches Served Today</b> |
| G (wheat), C, Sb, M, Mu, E             | C, Sb                             | C, Sb, M                          | C, Sb, M, E, G (wheat)                              |                                |

#### Weekly Specials

|  |   |       |
|--|---|-------|
| Hot Wrap of the Week<br>G (wheat)<br>with Salad        | Tandoori Chicken with Red Onions, Mixed Peppers, Coriander and Minted Yoghurt | £2.25 |
|  | Mu, N, M  |       |
| Soup of the Week<br>with a Bread Roll<br>(G, E, M, Sb) | Mulligatawny Soup (A Creamy Vegetable & Lentil Broth with Asian Spices)       | £1.70 |
|  | Mu, C, Sb, M  |       |

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

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