

St. Aidan's Catering

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

21st - 25th October 2019

| | | | |
|------------------------|---|--|-------|
| MONDAY | Fast Food | Creamy Chicken Curry with Coconut Milk, Coriander and Egg Fried Rice | £2.30 |
| | | G (wheat), C, Sb, Mu, M, E | |
| | Traditional | Roast Loin of Pork, Apple Sauce, Roast Potatoes and Glazed Carrots | £2.30 |
| C, Sb | | | |
| Dessert | Jam Sponge and Custard | 95p | |
| | G (wheat), M, E | | |
| TUESDAY | Fast Food | Spaghetti Bolognese and Parmesan Cheese | £2.30 |
| | | G (wheat, barley), F, C, Sb, M, E | |
| | Traditional | Turkey, Leek & Mushroom Pie, Chive Potatoes and Green Beans | £2.30 |
| G (wheat), M, C, Sb | | | |
| Dessert | Apple Crumble and Custard | 95p | |
| | G (wheat), M | | |
| WEDNESDAY | Fast Food | Barbecue Chicken Leg with Soft Noodles | £2.30 |
| | | G (wheat), C, Sb, Sd | |
| | Traditional | Cottage Pie, Savoy Cabbage and Gravy | £2.30 |
| C, Sb, M | | | |
| Dessert | Sticky Toffee Pudding and Custard | 95p | |
| | G (wheat), M, E | | |
| THURSDAY | Fast Food | Sausages, Chips and Baked Beans | £2.30 |
| | | G (wheat), Sb, Sd, M | |
| | Traditional | Spanish Style Quiche, Rissolle Potatoes and Mixed Salad | £2.30 |
| G (wheat), E, M, C, Sb | | | |
| Dessert | Eton Mess | 95p | |
| | M, E | | |
| FRIDAY | Fast Food | Pasta with a Choice of Two Sauces | £2.30 |
| | | G (wheat), C, Sb, M, E | |
| | Traditional | Battered Haddock, New Potatoes, Mushy Peas and Tartare Sauce | £2.30 |
| G (wheat), M, Mu, F, E | | | |
| Dessert | Chocolate Sponge with Chocolate Custard | 95p | |
| | G (wheat), M, E | | |

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

21st - 25th October 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 |
|---|--------------------|----------------------------------|--------------------------|------------------------------------|
| Roast Loin of Pork with Apple Sauce and Gravy | Roasted Bacon Loin | Stuffed Lamb Shoulder with Gravy | Sausages and Onion Gravy | Battered Haddock and Tartare Sauce |
| C, Sb | No Allergens | G (wheat), C, Sb, Sd | G (wheat), C, Sb, Sd, M | G (wheat), M, Mu, F, E |

Weekly Specials

| | | |
|---|--|-------|
| Soup of the Week with a Bread Roll (G, E, M, Sb) | Leek & Potato Soup | £1.70 |
| | C, Sb, M | |
| Healthy Choice Salad | Prawn & Avocado Salad with Cocktail Sauce | £1.90 |
| | Cru, F, G (barley), E | |
| Salad of the Week | Garlic Chicken with Coleslaw and Asparagus | £1.90 |
| | E | |
| Jacket Potato | Cheese 'n' Beans | £2.15 |
| | M - cheese only | |
| Jacket Potato of the Week | Savoury Mince and Vegetables | £2.15 |
| | C, Sb | |
| Vegetarian Dish | Changed Daily. Please ask the Server for Allergen Information. | £1.85 |
| Dessert | Changed Daily. Please see the Main Meals Menu. | 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

Main Hall - YEAR 7 MENU

21st - 25th October 2019

Meal Deal 1 - The Lite Bite - £2.90

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

Note: All our Home-Made Cakes and Biscuits contain G (wheat), E, M, Sb, Sd

Meal Deal 2 - The Lite Bite - £2.90

| | |
|------------------|--|
| Monday | Creamy Chicken Curry with Coconut Milk, Coriander and Egg Fried Rice |
| | G (wheat), C, Sb, Mu, M, E |
| Tuesday | Spaghetti Bolognese and Parmesan Cheese |
| | G (wheat, barley), F, C, Sb, M, E |
| Wednesday | Barbecue Chicken Leg with Soft Noodles |
| | G (wheat), C, Sb, Sd |
| Thursday | Sausages, Chips and Baked Beans |
| | G (wheat), Sb, Sd, M |
| Friday | Pasta with a Choice of Two Sauces |
| | G (wheat), C, Sb, M, E |

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 | Roast Loin of Pork, Apple Sauce, Roast Potatoes and Glazed Carrots |
| | C, Sb |
| | Jam Sponge and Custard |
| Tuesday | Turkey, Leek & Mushroom Pie, Chive Potatoes and Green Beans |
| | G (wheat), M, C, Sb |
| | Apple Crumble and Custard |
| Wednesday | Jacket Potato with Cheese 'n' Beans |
| | M - cheese only |
| | Sticky Toffee Pudding and Custard |
| Thursday | Spanish Style Quiche, Rissole Potatoes and Mixed Salad |
| | G (wheat), E, M, C, Sb |
| | Fresh Fruit |
| Friday | Battered Haddock, New Potatoes, Mushy Peas and Tartare Sauce |
| | G (wheat), M, Mu, F, E |
| | Chocolate Sponge with Chocolate Custard |
| | G (wheat), M, E |

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

St. Aidan's Catering

DELI BAR MENU

21st - 25th October 2019

Hot Roast Baguette G (wheat) - £2.25

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--------------------|----------------------------------|---------------------------|------------------------------------|
| Roast Loin of Pork with Apple Sauce and Gravy | Roasted Bacon Loin | Stuffed Lamb Shoulder with Gravy | Sausages with Onion Gravy | Battered Haddock and Tartare Sauce |
| C, Sb | No Allergens | G (wheat), C, Sb, Sd | G (wheat), C, Sb, Sd, M | G (wheat), M, Mu, F, E |

Weekly Specials

| | | |
|---|--|-------|
| Wrap of the Week G (wheat) | Curried Chicken, Onion Bhaji, Crisp Salad and Minted Yoghurt | £2.15 |
| | G (wheat), M, Mu | |
| Soup of the Week with a Bread Roll (G, E, M, Sb) | Leek & Potato Soup | £1.70 |
| | C, Sb, M | |
| Healthy Choice Salad | Prawn & Avocado Salad with Cocktail Sauce | £1.90 |
| | Cru, F, G (barley), E | |
| Salad of the Week | Garlic Chicken with Coleslaw and Asparagus | £1.90 |
| | E | |
| Jacket Potato | Cheese 'n' Beans | £2.40 |
| | M - cheese only | |
| Jacket Potato of the week | Savoury Mince and Vegetables | £2.40 |
| | C, Sb | |

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St. Aidan's Catering

SIXTH FORM - LUNCH MENU

21st - 25th October 2019

Daily Special Options

| | | |
|------------------|--|-------|
| Monday | Creamy Chicken Curry with Coconut Milk, Coriander and Egg Fried Rice | £2.30 |
| | G (wheat), C, Sb, Mu, M, E | |
| | Jam Sponge and Custard | 95p |
| | G (wheat), M, E | |
| Tuesday | Spaghetti Bolognese and Parmesan Cheese | £2.30 |
| | G (wheat, barley), F, C, Sb, M, E | |
| | Apple Crumble and Custard | 95p |
| | G (wheat), M | |
| Wednesday | Barbecue Chicken Leg with Soft Noodles | £2.30 |
| | G (wheat), C, Sb, Sd | |
| | Sticky Toffee Pudding and Custard | 95p |
| | G (wheat), M, E | |
| Thursday | Sausages, Chips and Baked Beans | £2.30 |
| | G (wheat), Sb, Sd, M | |
| | Eton Mess | 95p |
| | M, E | |
| Friday | Beef & Vegetable Stew in a Giant Yorkshire Pudding | £2.30 |
| | C, Sb, G (wheat), E, M | |
| | Chocolate Sponge with Chocolate Custard | 95p |
| | G (wheat), M, E | |

Weekly Specials

| | | |
|---|--|-------|
| Jacket Potato | Cheese 'n' Beans | £2.15 |
| | M - cheese only | |
| Jacket Potato of the Week | Savoury Mince and Vegetables | £2.15 |
| | C, Sb | |
| Healthy Choice Salad | Prawn & Avocado Salad with Cocktail Sauce | £1.90 |
| | Cru, F, G (barley), E | |
| Salad of the Week | Garlic Chicken with Coleslaw and Asparagus | £1.90 |
| | E | |
| Vegetarian Dish | Changed Daily. Please ask the Server for Allergen Information. | £1.85 |
| Soup of the Week with a Bread Roll (G, E, M, Sb) | Leek & Potato Soup | £1.70 |
| | C, Sb, M | |
| Wrap of the Week | Curried Chicken, Onion Bhaji, Crisp Salad and Minted Yoghurt | £2.15 |
| | G (wheat), M, Mu | |

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St. Aidan's Catering

YEAR 11 - CAFÉ MENU

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

21st - 25th October 2019

Hot Roast Baguette G (wheat) - £2.25

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--------------------|----------------------------------|----------------------------|------------------------------------|
| Roast Loin of Pork with Apple Sauce and Gravy | Roasted Bacon Loin | Stuffed Lamb Shoulder with Gravy | Sausages with Spicy Wedges | Battered Haddock and Tartare Sauce |
| C, Sb | No Allergens | G (wheat), C, Sb, Sd | G (wheat), Sb, Sd, M | G (wheat), M, Mu, F, E |

Hot Dish of the Day £2.30

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------------------------------------|---------------------------------|----------------------------------|--|
| Creamy Chicken Curry with Coconut Milk, Coriander and Egg Fried Rice | Pasta Bolognese and Parmesan Cheese | Cottage Pie with Peas and Gravy | Spanish Quiche with Spicy Wedges | Chilli Con Carne, Taco Shells and Steamed Rice |
| G (wheat), C, Sb, Mu, M, E | G (wheat, barley), F, C, Sb, M, E | C, Sb, M | G (wheat), E, M, C, Sb | C, Sb |

Weekly Specials

| | | |
|--|---|-------|
| Hot Wrap of the Week G (wheat) with Salad | Italian Chicken with Pesto, Tomatoes, Basil, Peppers and Onions | £2.25 |
| | M | |
| Soup of the Week with a Bread Roll (G, E, M, Sb) | Leek & Potato Soup | £1.70 |
| | C, Sb, M | |

A Selection of Speciality Biscuits, Cakes and Pastries from 65p

(All these contain G (wheat, barley), Sb, M, E, Sd and may contain Nuts)

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