

St. Aidan's Catering

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

18th - 22nd November 2019

MONDAY	Fast Food	Pasta Bolognese with Parmesan Cheese	£2.30
		G (wheat, barley), F, C, Sb, M, E	
	Traditional	Roast Turkey Breast, Roast Potatoes, Carrots and Gravy	£2.30
		C, Sb	
Dessert	Jam Sponge and Custard	95p	
	G (wheat), M, E		
TUESDAY	Fast Food	Chicken Madras with Egg Fried Rice	£2.30
		G (wheat), Mu, C, Sb, M, E	
	Traditional	Roast Pork Chasseur, Confit Potatoes and Peas	£2.30
		C, Sb	
Dessert	Apple & Raspberry Crumble with Custard	95p	
	G (wheat), M		
WEDNESDAY	Fast Food	Sweet 'n' Sour Chicken Leg with Soft Noodles	£2.30
		G (wheat)	
	Traditional	Cottage Pie, Cabbage and Gravy	£2.30
		C, Sb, M	
Dessert	Treacle Sponge and Custard	95p	
	G (wheat), M, E		
THURSDAY	Fast Food	Sausages with Chips and Baked Beans	£2.30
		G (wheat), C, Sb, G, M, Sd	
	Traditional	Vegetable, Chick Pea & Spinach Curry with Coriander Rice	£2.30
		Mu, C, Sb, M	
Dessert	Mixed Fruit Cheesecake	95p	
	G (wheat), M		
FRIDAY	Fast Food	Pasta with a Choice of Two Sauces	£2.30
		G (wheat), E, M, C, Sb	
	Traditional	Fish Fingers, New Potatoes, Mushy Peas and Tartare Sauce	£2.30
		F, G (wheat), M, E, Mu	
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

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Restaurant - LIGHTER OPTIONS MENU - Years 8, 9, 10

18th - 22nd November 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 Turkey and Cranberry Sauce	Roast Pork Chasseur	Sausages and Onion Gravy	Bacon Loin and Mustard	Fish Fingers and Tartare Sauce
C, Sb	C, Sb	C, Sb, M, G (wheat), Sd	Mu, Sd, G (wheat)	F, M, E, Mu, G (wheat)

Weekly Specials

Soup of the Week with a Bread Roll (G, E, M, Sb)	Vegetable & Red Lentil Soup with Garlic and Coriander	£1.70
	C, Sb, M	
Healthy Choice Salad	Prawn Waldorf Salad with Celery, Apples, Grapes and a Honey & Yoghurt Dressing	£1.90
	Cru, C, M	
Salad of the Week	Indian Vegetable Savouries with Mixed Leaves and a Curried Mayonnaise	£1.90
	G (wheat), Mu, E, M, Sd	
Jacket Potato	Cheese 'n' Beans	£2.15
	M - cheese only	
Jacket Potato of the Week	Beef & Mushroom Stroganoff	£2.15
	M, 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

18th - 22nd November 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	Pasta Bolognese with Parmesan Cheese
	G (wheat, barley), F, C, Sb, M, E
Tuesday	Chicken Madras with Egg Fried Rice
	G (wheat), Mu, C, Sb, M, E
Wednesday	Sweet 'n' Sour Chicken Leg with Soft Noodles
	G (wheat)
Thursday	Sausages with Chips and Baked Beans
	G (wheat), C, Sb, G, M, Sd
Friday	Pasta with a Choice of Two Sauces
	G (wheat), E, M, C, Sb

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 Turkey Breast, Roast Potatoes, Carrots and Gravy
	C, Sb
	Jam Sponge and Custard
Tuesday	Roast Pork Chasseur, Confit Potatoes and Peas
	C, Sb
	Apple & Raspberry Crumble with Custard
Wednesday	Jacket Potato with Cheese 'n' Beans
	M - cheese only
	Treacle Sponge and Custard
Thursday	Vegetable, Chick Pea & Spinach Curry with Coriander Rice
	Mu, C, Sb, M
	Fresh Fruit
Friday	Fish Fingers, New Potatoes, Mushy Peas and Tartare Sauce
	F, G (wheat), M, E, Mu
	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

18th - 22nd November 2019

Hot Roast Baguette G (wheat) - £2.25

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Turkey and Cranberry Sauce	Roast Pork Chasseur	Sausages and Onion Gravy	Bacon Loin and Mustard	Fish Fingers and Tartare Sauce
C, Sb	C, Sb	C, Sb, M, G (wheat), Sd	Mu, Sd, G (wheat)	F, M, E, Mu, G (wheat)

Weekly Specials

Wrap of the Week G (wheat)	Lemon, Garlic & Coriander Chicken with Mixed Leaves and Chive Mayonnaise	£2.15
	E	
Soup of the Week with a Bread Roll (G, E, M, Sb)	Vegetable & Red Lentil Soup with Garlic and Coriander	£1.70
	C, Sb, M	
Healthy Choice Salad	Prawn Waldorf Salad with Celery, Apples, Grapes and a Honey & Yoghurt Dressing	£1.90
	Cru, C, M	
Salad of the Week	Indian Vegetable Savouries with Mixed Leaves and a Curried Mayonnaise	£1.90
	G (wheat), Mu, E, M, Sd	
Jacket Potato	Cheese 'n' Beans	£2.40
	M - cheese only	
Jacket Potato of the week	Beef & Mushroom Stroganoff	£2.40
	M, C, Sb	

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St. Aidan's Catering

SIXTH FORM - LUNCH MENU

18th - 22nd November 2019

Daily Special Options

Monday	Pasta Bolognese with Parmesan Cheese	£2.30
	G (wheat, barley), F, C, Sb, M, E	
	Jam Sponge and Custard	95p
	G (wheat), M, E	
Tuesday	Chicken Madras with Egg Fried Rice	£2.30
	G (wheat), Mu, C, Sb, M, E	
	Apple & Raspberry Crumble with Custard	95p
	G (wheat), M	
Wednesday	Sweet 'n' Sour Chicken Leg with Soft Noodles	£2.30
	G (wheat)	
	Treacle Sponge and Custard	95p
	G (wheat), M, E	
Thursday	Sausages with Chips and Baked Beans	£2.30
	G (wheat), C, Sb, G, M, Sd	
	Mixed Fruit Cheesecake	95p
	G (wheat), M	
Friday	Beef & Vegetable Curry with Steamed Rice	£2.30
	Mu, C, Sb, M, G (wheat)	
	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	Beef & Mushroom Stroganoff	£2.15
	M, C, Sb	
Healthy Choice Salad	Prawn Waldorf Salad with Celery, Apples, Grapes and a Honey & Yoghurt Dressing	£1.90
	Cru, C, M	
Salad of the Week	Indian Vegetable Savouries with Mixed Leaves and a Curried Mayonnaise	£1.90
	G (wheat), Mu, E, M, Sd	
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)	Vegetable & Red Lentil Soup with Garlic and Coriander	£1.70
	C, Sb, M	
Wrap of the Week	Lemon, Garlic & Coriander Chicken with Mixed Leaves and Chive Mayonnaise	£2.15
	E	

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YEAR 11 - CAFÉ MENU

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

18th - 22nd November 2019

Hot Roast Baguette G (wheat) - £2.25

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Turkey and Cranberry Sauce	Roast Pork Chasseur	Bacon Loin and Mustard	Sausages and Spicy Wedges	Fish Fingers and Tartare Sauce
C, Sb	C, Sb	Mu, Sd, G (wheat)	G (wheat), M, Sb, Sd, C	F, M, E, Mu, G (wheat)

Hot Dish of the Day £2.30

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Bolognese with Parmesan Cheese	Chicken Madras with Egg Fried Rice	Cottage Pie with Peas and Gravy	Vegetable, Chick Pea & Spinach Curry with Coriander Rice	Beef & Vegetable Curry with Steamed Rice
G (wheat, barley), F, C, Sb, M, E	G (wheat), Mu, C, Sb, M, E	C, Sb, M	Mu, C, Sb, M	Mu, C, Sb, M, G (wheat)

Weekly Specials

Hot Wrap of the Week G (wheat) with Salad	Red Thai Chicken Curry with Red Onions, Mixed Peppers and Coconut Milk	£2.25
	Cru	
Soup of the Week with a Bread Roll (G, E, M, Sb)	Vegetable & Red Lentil Soup with Garlic and Coriander	£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)

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