

St. Aidan's Catering

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

25th to 29th November 2019

MONDAY	Fast Food	Chicken Rogan Josh with Egg-Fried Rice	£2.30
		G (wheat, barley), M, C, Sb, Mu, E	
	Traditional	Beef and Vegetable Pie, Green Beans and Parslep Potatoes	£2.30
		G(W), C,Sb	
Dessert	Treacle Sponge and Custard	95p	
	G (wheat), M, E		
TUESDAY	Fast Food	Pasta Bolognaise with Parmesan cheese	£2.30
		G (wheat) (B), F, C, Sb, M, E	
	Traditional	Roasted Bacon Loin, Jacket Wedges and Sweetcorn nibbles	£2.30
		n/a	
	Dessert	Peach and Raspberry Crumble	95p
		G (wheat), C, Sb, Sd	
WEDNESDAY	Fast Food	Barbeque Pork Steak with Soft Noodles	£2.30
		G (w, R), C, Sb, Sd	
	Traditional	Shepherds Pie, Cabbage and Gravy	£2.30
		C, Sb, M	
	Dessert	Jam Sponge and Custard	95p
		G (wheat), M, E	
THURSDAY	Fast Food	Chicken Burger, Fries and Relish	£2.30
		G (wheat), M, S, Mu, C, Sb	
	Traditional	Roasted Vegetable Risotto with Salad Leaves and Garlic Bread	£2.30
		G (wheat), Sb, C, M, E	
	Dessert	Eton Mess	95p
		E, M	
FRIDAY	Fast Food	Pasta with a Tomato or Cheese Sauce	£2.30
		G (wheat), E, M, C, Sb	
	Traditional	Battered Haddock with New Potatoes and Minted Peas	£2.30
		F, G (wheat), M, E Mu	
	Dessert	Chocolate and Vanilla 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

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

25th to 29th 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	Bacon Loin and Mustard	Barbeque Pork Loin	Chicken Burger and Spicy Wedges	Battered Haddock and Tartare Sauce
C, Sb	Mu, Sd	C, Sb, G(Rye), Sd	G (wheat), M, Mu, S	G (wheat), F, M, E, Mu,

Weekly Specials

Soup of the Week with a Bread Roll (G(Wheat), Sd)	Leek and Potato Soup	£1.70
	C, Sb, M	
Healthy Choice Salad	Roasted Vegetable and Cous Cous Salad with Pesto Dressing	£1.90
	Sd, Sb, G(Wheat, R), M	
Salad of the Week	Parma Ham and Salami with Roasted Cherry Tomatoes and Balsamic Glaze	£1.90
	Sd	
Jacket Potato	Cheese 'n' Beans	£2.15
	M - cheese only	
Jacket Potato of the Week	Vegetable, Chickpea and Spinach Curry	£2.15
	C, Sb, M, Mu	
Vegetarian Dish	Changed Daily. Please ask the Server for Allergen Information.	£1.85
Dessert	Changed Daily. Please see the Main Meals Menu.	95p

Main Hall - YEAR 7 MENU

25th to 29th November 2019

Meal Deal 11 - 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 12 - The Lite Bite - £2.90

Monday	Chicken Rogan Josh with Egg-Fried Rice
	G (wheat, barley), M, C, Sb, Mu, E
Tuesday	Pasta Bolognese with Parmesan cheese
	G (wheat) (B), F, C, Sb, M, E
Wednesday	Barbeque Pork Steak with Soft Noodles
	G (w, R), C, Sb, Sd
Thursday	Chicken Burger, Fries and Relish
	G (wheat), M, S, Mu, C, Sb
Friday	Pasta with a Tomato or Cheese Sauce
	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 13 - Traditional - £2.90

Monday	Beef and Vegetable Pie, Green Beans and Parslep Potatoes
	G(W), C, Sb
	Treacle Sponge and Custard
Tuesday	Roasted Bacon Loin, Jacket Wedges and Sweetcorn nibbles
	n/a
	Peach and Raspberry Crumble
Wednesday	Jacket Potato with Cheese 'n' Beans
	M - cheese only
	Jam Sponge and Custard
Thursday	Roasted Vegetable Risotto with Salad Leaves and Garlic Bread
	G (wheat), Sb, C, M, E
	Fresh Fruit
Friday	Battered Haddock with New Potatoes and Minted Peas
	F, G (wheat), M, E Mu
	Chocolate and Vanilla Sponge with Chocolate Custard
	G (wheat), M, E

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

DELI BAR MENU

25th to 29th November 2019

Hot Roast Baguette G (wheat) - £2.25

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Turkey and Cranberry Sauce	Bacon Loin and Mustard	Barbeque Pork Loin	Sausage and Onion Gravy	Battered Haddock and Tartare Sauce
C, Sb	Mu, Sd	C, Sb, G(Rye), Sd	G (wheat), M, Sd, Sb, C	G (wheat), F, M, E, Mu,

Weekly Specials

Wrap of the Week G (wheat)	Cajun Chicken with Crisp Salad, and Lemon and Tarragon Mayonnaise	£2.15
	E	
Soup of the Week with a Bread Roll G(wheat), Sd	Leek and Potato Soup	£1.70
	C, Sb, M	
Healthy Choice Salad	Roasted Vegetable and Cous Cous Salad with Pesto Dressing	£1.90
	Sd, Sb, G(Wheat, R), M	
Salad of the Week	Parma Ham and Salami with Roasted Cherry Tomatoes and Balsamic Glaze	£1.90
	Sd	
Jacket Potato	Cheese 'n' Beans	£2.40
	M - cheese only	
Jacket Potato of the week	Vegetable, Chickpea and Spinach Curry	£2.40
	C, Sb,M, Mu	

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

SIXTH FORM - LUNCH MENU

25th to 29th November 2019

Daily Special Options

Monday	Chicken Rogan Josh with Egg-Fried Rice	£2.30
	G (wheat, barley), M, C, Sb, Mu, E	
	Treacle Sponge and Custard	95p
Tuesday	Pasta Bolognese with Parmesan cheese	£2.30
	G (wheat) (B), F, C, Sb, M, E	
	Peach and Raspberry Crumble	95p
Wednesday	Barbeque Pork Steak with Soft Noodles	£2.30
	G (w, R), C, Sb, Sd	
	Jam Sponge and Custard	95p
Thursday	Chicken Burger, Fries and Relish	£2.30
	G (wheat), M, S, Mu, C, Sb	
	Eton Mess	95p
Friday	Chilli Con Carne and Steamed Rice	£2.30
	C, Sb	
	Chocolate and Vanilla 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	Vegetable, Chickpea and Spinach Curry	£2.15
	C, Sb, M, Mu	
Healthy Choice Salad	Roasted Vegetable and Cous Cous Salad with Pesto Dressing	£1.90
	Sd, Sb, G(Wheat, R), M	
Salad of the Week	Parma Ham and Salami with Roasted Cherry Tomatoes and Balsamic Glaze	£1.90
	Sd	
Vegetarian Dish	Changed Daily. Please ask the Server for Allergen Information.	£1.85
Soup of the Week with a Bread Roll (G(wheat), Sd)	Leek and Potato Soup	£1.70
	C, Sb, M	
Wrap of the Week	Cajun Chicken with Crisp Salad, and Lemon and Tarragon Mayonnaise	£2.15
	E	

St. Aidan's Catering

YEAR 11 - CAFÉ MENU

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

25th to 29th November 2019

Hot Roast Baguette G (wheat) - £2.25

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

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)	Leek and 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