

St. Aidan's Catering

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

20th - 24th January 2020

MONDAY	Fast Food	Chicken Madras with Egg Fried Rice	£2.30
		G (wheat), C, Sb, M, Mu, E	
	Traditional	Meat, Potato & Vegetable Pie with Carrots and Chive Potatoes	£2.30
		G (wheat), C, Sb	
Dessert	Jam Sponge and Custard	95p	
	G (wheat), E, M		
TUESDAY	Fast Food	Lasagne with Salad Leaves	£2.30
		G (wheat, barley), C, Sb, F, M, E	
	Traditional	Roasted Pork Loin, Apple Sauce, Roast Potatoes, Peas and Gravy	£2.30
		C, Sb	
Dessert	Apple Crumble and Custard	95p	
	G (wheat), M		
WEDNESDAY	Fast Food	Barbecue Turkey Breast with Soft Noodles	£2.30
		G (wheat, rye), C, Sb, Sd	
	Traditional	Sausages with Cheesy Mash, Cabbage and Gravy	£2.30
		G (wheat), M, Sb, Sd, C	
Dessert	Chocolate Pudding with Chocolate Custard	95p	
	G (wheat), E, M		
THURSDAY	Fast Food	Battered Chicken Burger in a Burger Bun with Fries and Relish	£2.30
		G (wheat), M, C, Sb, Mu, S	
	Traditional	Vegetable Biryani with Steamed Coriander Rice and Minted Yoghurt	£2.30
		C, Sb, Mu, M	
Dessert	Mixed Fruit Cheesecake	95p	
	G (wheat), M		
FRIDAY	Fast Food	Fish Fingers, New Potatoes and Mushy Peas	£2.30
		G (wheat), F, M, Mu	
	Traditional	Pasta with a Choice of Tomato or Cheese Sauce	£2.30
		G (wheat), C, Sb, M, E	
Dessert	Sticky Toffee Pudding and 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

20th - 24th January 2020

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
Bacon Loin with Mustard	Roast Pork Loin with Apple Sauce	Barbecue Turkey Breast	Sausages with Onion Gravy	Fish Fingers and Tartare Sauce
Mu	C, Sb	G (rye), Sd, C, Sb	G (wheat), C, Sb, M, Sd	G (wheat), F, M, Mu, E

Weekly Specials

Soup of the Week with a Bread Roll (G (wheat), Sd)	Sweet Potato, Coriander & Parmesan Cheese	£1.70
	C, Sb, M, E	
Healthy Choice Salad	Roasted Vegetable & Cous Cous Salad with Pesto Dressing	£1.90
	G (wheat, rye), Sd, M	
Salad of the Week	Toulouse Sausage, New Potato & Red Onion Salad with Dijon Mustard Mayonnaise	£1.90
	G (wheat), Sd, M, Sb, E, Mu	
Jacket Potato	Cheese 'n' Beans	£2.15
	M - cheese only	
Jacket Potato of the Week	Garlic Mushrooms with Blue Cheese and Spinach	£2.25
	G (wheat), C, Sb, M	
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

20th - 24th January 2020

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	Chicken Madras with Egg Fried Rice
	G (wheat), C, Sb, M, Mu, E
Tuesday	Lasagne with Salad Leaves
	G (wheat, barley), C, Sb, F, M, E
Wednesday	Barbecue Turkey Breast with Soft Noodles
	G (wheat, rye), C, Sb, Sd
Thursday	Battered Chicken Burger in a Burger Bun with Fries and Relish
	G (wheat), M, C, Sb, Mu, S
Friday	Fish Fingers, New Potatoes and Mushy Peas
	G (wheat), F, M, Mu

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	Meat, Potato & Vegetable Pie with Carrots and Chive Potatoes
	G (wheat), C, Sb
	Jam Sponge and Custard
	G (wheat), E, M
Tuesday	Roasted Pork Loin, Apple Sauce, Roast Potatoes, Peas and Gravy
	C, Sb
	Apple Crumble and Custard
	G (wheat), M
Wednesday	Jacket Potato with Cheese 'n' Beans
	M - cheese only
	Chocolate Pudding with Chocolate Custard
	G (wheat), E, M
Thursday	Vegetable Biryani with Steamed Coriander Rice and Minted Yoghurt
	C, Sb, Mu, M
	Fresh Fruit
	No Allergens
Friday	Pasta with a Choice of Tomato or Cheese Sauce
	G (wheat), C, Sb, M, E
	Sticky Toffee Pudding and 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

20th - 24th January 2020

Hot Roast Baguette G (wheat) - £2.25

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

Weekly Specials

Wrap of the Week G (wheat)	Tandoori Chicken & Onion Bhaji with Crisp Salad and Mint Yoghurt	£2.15
	G (wheat), N, M	
Soup of the Week with a Bread Roll (G (wheat), Sd)	Sweet Potato, Coriander & Parmesan Cheese	£1.70
	C, Sb, M, E	
Healthy Choice Salad	Roasted Vegetable & Cous Cous Salad with Pesto Dressing	£1.90
	G (wheat, rye), Sd, M	
Salad of the Week	Toulouse Sausage, New Potato & Red Onion Salad with Dijon Mustard Mayonnaise	£1.90
	G (wheat), Sd, M, Sb, E, Mu	
Jacket Potato	Cheese 'n' Beans	£2.40
	M - cheese only	
Jacket Potato of the week	Garlic Mushrooms with Blue Cheese and Spinach	£2.40
	G (wheat), C, Sb, M	

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SIXTH FORM - LUNCH MENU

20th - 24th January 2020

Daily Special Options

Monday	Chicken Madras with Egg Fried Rice	£2.30
	G (wheat), C, Sb, M, Mu, E	
	Jam Sponge and Custard	95p
	G (wheat), E, M	
Tuesday	Lasagne with Salad Leaves	£2.30
	G (wheat, barley), C, Sb, F, M, E	
	Apple Crumble and Custard	95p
	G (wheat), M	
Wednesday	Barbecue Turkey Breast with Soft Noodles	£2.30
	G (wheat, rye), C, Sb, Sd	
	Chocolate Pudding with Chocolate Custard	95p
	G (wheat), E, M	
Thursday	Battered Chicken Burger in a Burger Bun with Fries and Relish	£2.30
	G (wheat), M, C, Sb, Mu, S	
	Mixed Fruit Cheesecake	95p
	G (wheat), M	
Friday	Lamb & Vegetable Curry with Steamed Rice	£2.30
	Mu, C, Sb	
	Sticky Toffee Pudding and Custard	95p
	G (wheat), E, M	

Weekly Specials

Jacket Potato	Cheese 'n' Beans	£2.15
	M - cheese only	
Jacket Potato of the Week	Garlic Mushrooms with Blue Cheese and Spinach	£2.15
	G (wheat), C, Sb, M	
Healthy Choice Salad	Roasted Vegetable & Cous Cous Salad with Pesto Dressing	£1.90
	G (wheat, rye), Sd, M	
Salad of the Week	Toulouse Sausage, New Potato & Red Onion Salad with Dijon Mustard Mayonnaise	£1.90
	G (wheat), Sd, M, Sb, E, Mu	
Vegetarian Dish	Changed Daily. Please ask the Server for Allergen Information.	£1.85
Soup of the Week with a Bread Roll (G (wheat), Sd)	Sweet Potato, Coriander & Parmesan Cheese	£1.70
	C, Sb, M, E	
Wrap of the Week (G)	Tandoori Chicken & Onion Bhaji with Crisp Salad and Mint Yoghurt	£2.15
	G (wheat), N, M	

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YEAR 11 - CAFÉ MENU

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

20th - 24th January 2020

Hot Roast Baguette G (wheat) - £2.25

Monday	Tuesday	Wednesday	Thursday	Friday
Bacon Loin with Mustard	Roast Pork Loin with Apple Sauce	Barbecue Turkey Breast	Battered Chicken Burger in a Burger Bun with Spicy Wedges	Fish Fingers and Tartare Sauce
Mu	C, Sb	G (rye), Sd, C, Sb	G (wheat), M, C, Sb, Mu, S	G (wheat), F, M, Mu, E

Hot Dish of the Day £2.30

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Madras with Egg Fried Rice	Chilli Con Carne with Steamed Rice	Jacket Potato with Cheese 'n' Beans	Vegetable Biryani with Steamed Coriander Rice and Minted Yoghurt	Lamb & Vegetable Curry with Steamed Rice
G (wheat), C, Sb, M, Mu, E	C, Sb	M - cheese only	C, Sb, Mu, M	Mu, C, Sb

Weekly Specials

Hot Wrap of the Week G (wheat) with Salad	Cajun Chicken with Red Onions and Mixed Peppers	£2.25
	No Allergens	
Soup of the Week with a Bread Roll (G (wheat), Sd)	Sweet Potato, Coriander & Parmesan Cheese	£1.70
	C, Sb, M, E	

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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