AUDE SAPERE

TGGS Catering

Autumn Menu Week 2

	YOUR CHOICE	MONDAY Meat Free	TUESDAY Street Food	WEDNESDAY Roast	THURSDAY Casserole	FRIDAY Gluten Free
	MAIN COURSE	Mac 'n' Cheese	Oriental Crispy Chicken	Roast Pork & Gravy	Beef Bourguignon	Jumbo Cod Fishfingers
	VEGETARIAN	Plant-based Bolognaise	Oriental Style Soy Based Chunks	Vegan Sausages	Vegetarian Bourguignon	Chip-Shop Croquettes
K	CARB/STARCH	Pasta Cheesy Garlic Bread	Mezzaluna Bread Japanese Fried Rice	Roast Potatoes & Stuffing	Mashed Potato	Chips
1	TWO OF YOUR 5-A-DAY	Mixed Leaves Coleslaw	Soy Sauce & Chilli Cucumber	Cauliflower Cheese Purple Carrots	Glazed Parsnips Broccoli	Baked beans or Peas
	Grab & Go of the Day	 Mozzarella Sticks Margherita Pizza twist Potato Crunchies 	 Chicken & Hash Brown Wrap Vegetable Pasty Pepperoni Pizza 	Filled CroissantMac 'n' Cheese bitesChicken Tikka Slice	Herby Popcorn ChickenPasta PotPanini	Breaded HalloumiPotato CroquettesPizza
	OF THE DAY	Cheese & Beans	Cheese & Beans	Cheese & Beans	Cheese & Beans	Cheese & Beans
MICH	DESSERT OR PUDDING	Crunchy Peach & Pear	Coconut & Vanilla Shortbread	Sticky Toffee Pudding	Chocolate Fudge Cake	Raspberry Mousse Pot
4/1	MORE OF YOUR 5-A-DAY	Jelly, Fruit Pots or Yoghurt	Orange or Strawberry Jelly Pot or Yoghurt	Greek Yoghurt & Crunchy top-pot Fruit Pot	Thick & Creamy Fruit Yoghurt, Fruit Pot/Jelly Pot	Chef Bea's Selection of the Day

FOOD ALLERGIES & INTOLERANCE Chef Bea and the team are aiming to serve high quality, well-balanced and tasty meals to everyone. If you have a food allergy or intolerance, you must inform a member of the kitchen staff so that we can help you make a safe food choice. Thank you.

* All chicken served in the school kitchen and 6th Form is Halal

Don't Forget to look at our takeaway dessert pots!

