AUDE SAPERE

TGGS Catering

Autumn Menu Week 1

	YOUR CHOICE	MONDAY Meat Free	TUESDAY Street Food	WEDNESDAY Roast	THURSDAY Casserole	FRIDAY Gluten Free
	MAIN COURSE	Pasta Bake	Pulled Pork in Sweet Chilli and Garlic	Roast Chicken & Gravy	Diced Pork & Chorizo in Parsley Sauce	Fishcake in a bun
	VEGETARIAN	Vegetarian Lasagne	Vegetable Protein Vegan Strips	Butternut Squash & Red Lentil Roast	Diced Quorn in Smokey Herb Sauce	Country Garden Burger in a Bun
K	CARB/STARCH	Garlic Bread	Jasmine Rice Black Beans	Roast Potatoes & Yorkshire Pudding	Oven Baked New Potatoes	Chips
1	TWO OF YOUR 5-A-DAY	Peas & Sweetcorn	Mixed Salad	Broccoli & Glazed Carrots	Fine Beans & sauteed Courgettes	Baked Beans
	Grab & Go of the Day	Mozzarella SticksPotato CroquettesCheese & Onion Pasty	Herby Diced Chicken GoujonsHalloumi SticksPepperoni Pizza Twist	 Tomato & Mozzarella Panini Bacon & Cheese Turnover Margherita Pizza 	Mozzarella BitesDippersPotato Wedges & Chicken	Ham & Cheese ToastyOpen WrapLoaded Pizza
	JACKET POTATO OF THE DAY	Cheese & Beans	Cheese & Beans	Cheese & Beans	Cheese & Beans	Cheese & Beans
HICK	DESSERT OR PUDDING	Lemon Curd Cheesecake Pot	Chocolate Cup- cake with Icing	Iced Carrot Cake	Butterscotch Mousse	Chocolate Velvet Brownie
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!