AUDE SAPERE

TGGS Catering

Autumn Menu Week 3

	YOUR CHOICE	MONDAY Meat Free	TUESDAY Street Food	WEDNESDAY Roast	THURSDAY Casserole	FRIDAY Gluten Free
	MAIN COURSE	Meat-free Arrabbiata	Chicken Fajita	Roast Beef & Gravy	Pork Meatballs in Provençal Sauce	Battered Pollock
1	VEGETARIAN	Ricotta & Spinach Tortelloni	Fajita with 'pulled' mushrooms	Stuffed Peppers	Plant-based meat- balls	Spicy Cornfritters
K	CARB/STARCH	Linguine Pasta Garlic Dough Balls	Spanish-style Rice	Roast Potatoes & Yorkshire Pudding	Giant Cous Cous	Chips
	TWO OF YOUR 5-A-DAY	Peas & Sweetcorn	Mixed Salad	Green Beans, Carrots & Swede	Mixed Vegetables	Baked Beans
	Grab & Go of the Day	 Cheese & Onion Parcel Breaded Halloumi Margherita Twist 	Pasta of the DayOpen WrapMozzarella Sticks	Potato CrunchiesChicken GoujonsVegetable PastyFilled Croissant	Pasta of the DayChicken and Hashbrown Wrap	Cheese & Ham ToastieMac & Cheese BakeHerby Diced Chicken Popcorn
	JACKET POTATO OF THE DAY	Cheese & Beans	Cheese & Beans	Cheese & Beans	Cheese & Beans	Cheese & Beans
MICH	DESSERT OR PUDDING	Crepe with Chocolate Sauce & Cream	Toffee Apple Crumble	Biscoff Cheesecake	Sprinkles Cupcake	Chocolate Mousse
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!