

The Thomas Lord Audley School
 Monkwick Avenue, Colchester,
 Essex CO2 8NJ
 Tel: 01206 547911 Fax: 01206 760581
 E-mail: enquiries@tla.essex.sch.uk
 www.tla.essex.sch.uk

TLA CATERING DEPARTMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Toad in the Hole (Wheat Milk Egg) Tomato Pasta Bake (Wheat Gluten) Parsley Potatoes Steamed Sweetcorn Jam Sponge (Wheat Milk Egg) Custard (Egg Milk Wheat)	Sweet & Sour Chicken with Rice (Wheat Gluten) Spaghetti Bolognese V (Wheat Barley) Potato Wedges Peas Cheesecake (Wheat Milk)	Roast Of The Day Roast Potatoes Carrots Savoy Cabbage Broccoli Gravy Cheese & Leek Tart (Cheese Milk Egg Wheat Gluten) Lemon Sponge (Milk Egg)	Cottage Pie (Soya Barley Wheat Milk) Lyonnaise Potato Sweetcorn Quorn Chilli & Rice (Wheat Soya Gluten) Cornflake Cake (Wheat Gluten) Custard (Milk)	Fresh Chicken Goujons (Wheat Egg Milk Glu- ten) Chips Peas Vegetable Bake (Gluten Wheat Egg) Apple Pie (Wheat Gluten) Custard (Milk)

SANDWICHES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken & Bacon Sandwich Cheese Salad Wrap Sausage Sandwich Ham Sub	Chicken Mayo Sandwich BLT Cheese Sandwich Cheese Sub Chicken Sub	All Day Breakfast Ham Sandwich Chicken Sandwich Cheese Sub Ham Sub	Ham Sandwich Chicken Salad Wrap Cream Cheese & Cucumber Chicken Sub Cheese Sub	Cheese Sandwich Chicken Sandwich BLT Cheese Sub Ham Sub

HOT & COLD FOOD TO TAKE AWAY DAILY

ASSORTED PANINIS

SALAD CART

HOT PASTA POTS