



QEGS SIXTH FORM – LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	A freshly prepared seasonal soup served with freshly baked breads and soup toppers				
MAIN COURSE ONE	Chicken Tikka Masala Brown & White flavoured rice, Poppadoms & pickles	Cumberland sausage & Mashed Potatoes with Roasted onion Gravy	Buttermilk Chicken burger	Traditional battered fish w/ tartar sauce & lemon	QEGS classic puff pastry creamy chicken pie
PLANT BASED MAIN COURSE	Vegetable Tikka Masala Brown & White rice Poppadoms & pickles	Vegetable sausage & Mashed Potato with Roasted onion gravy	Falafel & spinach Quarter pounder	Vegetable Cottage pie	Roasted Vegetable Ragu & Homemade Focaccia
ON THE SIDE	Seasonal mixed greens	Roasted Carrots & Parsnips	Seasoned wedges Baked Beans & Sweetcorn	Thick Cut Chips Beans & Mushy Peas	Roasted Potatoes Green beans & Cabbage
JACKET POTATO	A daily choice of freshly baked jacket potatoes, baked beans, grated cheddar, tuna mayonnaise & other jacket toppers				
DELI BAR & SALAD SELECTION	A daily selection of meat, seafood & vegetarian filled rolls, baguettes, soft subs & artizan bakes A daily selection of seasonal mixed compound salads, simple salads, dressings & salad toppers				
DESSERTS	Apple & blackberry crumble w/ custard Fresh cut fruit Dessert & yoghurt pots	Rice pudding Fresh cut fruit Dessert & yoghurt pots	'BOOST IT' Cranberry flapjack Fresh cut fruit Dessert & yoghurt pots	American style chocolate chip cookie Fresh cut fruit Dessert & yoghurt pots	St.Clements drizzle cake (Orange & Lemon) Fresh cut fruit Dessert & yoghurt pots