



WEEK ONE

# QEGS – 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 & sweet potato Thai massaman curry	Korean spiced beef & vegetable noodles	Roast chicken w/ garlic, onion & thyme potatoes	QEGS classic puff pastry creamy chicken pie	Traditional battered fish w/ tartare sauce & lemon
MAIN COURSE TWO	Slow cooked beef, vegetable & barley hotpot	Cumberland sausage & roasted onion gravy	Hot & sour chilli pork w/ green beans & scallions	Lamb kofta wrap w/ mint yoghurt & herby slaw	Vietnamese banh mi baguette w/ pickles
PLANT BASED MAIN COURSE	Vegan seasonal vegetable & herb hotpot	Quorn vegan sausage & roasted onion gravy	Salt & pepper stir-fried tofu, peppers & onions	Sweet potato falafel wrap w/ mint yoghurt & slaw	Sticky teriyaki tofu baguettes w/ pickles
ON THE SIDE	Lime & coriander rice Seasonal mixed greens	Creamy chive mash Honey roast vegetables	Wholegrain fried rice Baton carrots & broccoli	Rosemary roast potatoes Cauliflower & peas	Chip shop chips Mushy peas & BBQ Beans
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	Steamed jam sponge & creamy custard	Apple pie & pouring cream	Chocolate chip cookie	Raspberry traybake slice	'BOOST IT' Date, coconut & sweet potato fudge slice
	Fresh cut fruit Dessert & yoghurt pots	Fresh cut fruit Dessert & yoghurt pots	Fresh cut fruit Dessert & yoghurt pots	Fresh cut fruit Dessert & yoghurt pots	Fresh cut fruit Dessert & yoghurt pots



WEEK ONE

# QEGS 6th 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 & sweet potato Thai massaman curry	Cumberland sausage & roasted onion gravy	Hot & sour chilli pork w/ green beans & scallions	QEGS classic puff pastry creamy chicken pie	Vietnamese banh mi baguette w/ pickles
PLANT BASED MAIN COURSE	Vegan seasonal vegetable & herb hotpot	Quorn vegan sausage & roasted onion gravy	Salt & pepper stir-fried tofu, peppers & onions	Sweet potato falafel wrap w/ mint yoghurt & slaw	Sticky teriyaki tofu baguettes w/ pickles
ON THE SIDE	Lime & coriander rice Seasonal mixed greens	Creamy chive mash Honey roast vegetables	Wholegrain fried rice Baton carrots & broccoli	Rosemary roast potatoes Cauliflower & peas	Chip shop chips Mushy peas & BBQ Beans
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 & artisan bakes				
	A daily selection of seasonal mixed compound salads, simple salads, dressings & salad toppers				
DESSERTS	Steamed jam sponge & creamy custard	Apple pie & pouring cream	Chocolate chip cookie	Raspberry traybake slice	'BOOST IT' Date, coconut & sweet potato fudge slice
	Fresh cut fruit Dessert & yoghurt pots	Fresh cut fruit Dessert & yoghurt pots	Fresh cut fruit Dessert & yoghurt pots	Fresh cut fruit Dessert & yoghurt pots	Fresh cut fruit Dessert & yoghurt pots