



WEEK TWO

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	Spiced chicken shawarma flatbread w/ tabbouleh	Dan Dan spicy pork mince & veg noodles	Portuguese peri peri chicken 'sandwich'	Spicy beef, potato, tomato & ginger madras w/ naan	Breaded fish fillet w/ chip shop curry sauce
MAIN COURSE TWO	Smoked ham & leek pasta bake w/ garlic bread	Lamb & vegetable potato topped shepherd's pie	Pork & chorizo tomato & basil penne bake	Roast pork loin baguette w/ apple sauce & stuffing	Creamy Swedish style meatballs w/ pasta
PLANT BASED MAIN COURSE	Creamy macaroni cheese w/ garlic bread slice	Roasted vegetable & lentil potato topped gratin	Sweet potato & spinach falafel 'sandwich'	Paneer & spinach coconut korma style curry & naan	Katsu style sweet potato, aubergine & tofu
ON THE SIDE	Green beans & peppers Roast courgette & carrot	Seasonal green vegetables Diced carrots & swede	Smokey potato wedges Salsa dressed sweetcorn	Turmeric & lemon rice Seasonal mixed vegetables	Chip shop style chips Garden peas & corn
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	Apple & raspberry crumble & creamy custard	'BOOST IT' Loaded fruity flapjack	Blueberry & lemon iced muffin	Sticky orange & ginger traybake	Carrot cake 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



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QEGS 6th FORM – LUNCH MENU

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PLANT BASED MAIN COURSE	Creamy macaroni cheese w/ garlic bread slice	Roasted vegetable & lentil potato topped gratin	Sweet potato & spinach falafel 'sandwich'	Paneer & spinach coconut korma style curry & naan	Katsu style sweet potato, aubergine & tofu
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