



WEEK THREE

# 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	Beef bolognese w/ penne pasta & garlic bread	Chinese style chicken curry w/ prawn crackers	Pork & sage 'smash' burger in a soft bun	Jerk chicken pitta w/ pineapple & pepper salsa	White fish & parsley fish cake w/ tartare sauce
MAIN COURSE TWO	Chicken & wild mushroom fusilli pasta w/ garlic bread	Pork, sage & lentil meatball in a spicy arrabiata sauce	Chicken tikka 'Lasagne' pasta bake	Slow cooked beef & potato w/ yorkshire pudding	Sweet chilli crispy chicken w/ vegetable noodles
PLANT BASED MAIN COURSE	Roasted vegetable, spiced bean & cheese quesadilla	Quorn, chickpea & spinach coconut curry	Roast vegetable & bean quarter pounder	Moroccan spiced falafel pitta w/ salsa & slaw	6 vegetable tomato sauce & mascarpone pasta
ON THE SIDE	New parsley potatoes Green beans & carrots	Wholegrain mixed rice Crispy garlic broccoli	Potato wedges Seasonal mixed greens	Jambalaya style baked rice Honey roast parsnips	Roasted new potatoes Seasonal stir fried veggies
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 & berry crumble & creamy custard  Fresh cut fruit Dessert & yoghurt pots	Chocolate ripple cake  Fresh cut fruit Dessert & yoghurt pots	'BOOST IT' Fruit & pumpkin shortbread Fresh cut fruit Dessert & yoghurt pots	Jam & coconut traybake  Fresh cut fruit Dessert & yoghurt pots	Chocolate & sweet potato brownie squares  Fresh cut fruit Dessert & yoghurt pots



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# QEGS 6th FORM – LUNCH MENU

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