



WEEK FOUR

# 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	Thai green chicken & vegetable curry	Loaded pork hot dogs w/ onions, jalapeno & salsa	Campfire beef chilli nachos, w/ soured cream, jalapenos & salsa	Focaccia style pepperoni pizza slice	Chicken korma curry w/ naan & mango chutney
MAIN COURSE TWO	Creamy ham, pea & pesto pasta bake w/ garlic bread	Hunters style BBQ chicken & mozzarella pasta gratin	Grilled bacon steak with pineapple relish	Savoury minced beef & vegetable yorkies	Spaghetti Puttanesca w/ garlic crouton
PLANT BASED MAIN COURSE	Thai butternut squash & pepper red curry	Loaded vegan hot dogs w/ onions, jalapenos & salsa	Smokey texan bean & sweet potato chilli nacho's	Margherita focaccia style pizza slice	Quorn, spinach & vegetable korma w/ naan & chutney
ON THE SIDE	Wholegrain mixed rice Broccoli & baton carrots	Herby diced roast potato Cauliflower & green beans	Cheesy mashed potato Sweetcorn & peppers	Waffle potatoes Winter vegetable slaw	Pilau spiced rice Roast seasonal vegetables
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	Eve's apple pudding & creamy custard	'BOOST IT' Carrot & parsnip cake	Lemon & poppyseed shortbread	Apple & blackberry crumble bar	Vanilla sugar dusted donut 'holes' w/ raspberry sauce
	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 FOUR

# 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	Thai green chicken & vegetable curry	Loaded pork hot dogs w/ onions, jalapeno & salsa	Campfire beef chilli nachos, w/ soured cream, jalapenos & salsa	Focaccia style pepperoni pizza slice	Chicken korma curry w/ naan & mango chutney
PLANT BASED MAIN COURSE	Thai butternut squash & pepper red curry	Loaded vegan hot dogs w/ onions, jalapenos & salsa	Smokey texan bean & sweet potato chilli nacho's	Margherita focaccia style pizza slice	Quorn, spinach & vegetable korma w/ naan & chutney
ON THE SIDE	Wholegrain mixed rice Broccoli & baton carrots	Herby diced roast potato Cauliflower & green beans	Cheesy mashed potato Sweetcorn & peppers	Waffle potatoes Winter vegetable slaw	Pilau spiced rice Roast seasonal vegetables
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	Eve's apple pudding & creamy custard  Fresh cut fruit Dessert & yoghurt pots	'BOOST IT' Carrot & parsnip cake  Fresh cut fruit Dessert & yoghurt pots	Lemon & poppyseed shortbread  Fresh cut fruit Dessert & yoghurt pots	Apple & blackberry crumble bar  Fresh cut fruit Dessert & yoghurt pots	Vanilla sugar dusted donut 'holes' w/ raspberry sauce  Fresh cut fruit Dessert & yoghurt pots