



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 In a sage & onion gravy	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	Mongolian pork w/ green beans & scallions	Moroccan spiced lamb & lentil burger w/ pickles	Classic beef & vegetable cottage pie
PLANT BASED MAIN COURSE	Winter vegetable & barley hotpot	Quorn vegan sausage & roasted onion gravy	Salt & pepper stir-fried tofu, peppers & onions	Spiced vegetable falafel wrap w/ mint yoghurt & slaw	Winter root vegetable & sage pie
ON THE SIDE	Lime & coriander rice Seasonal mixed greens	Creamy mash Honey roast vegetables	Garlic & herb roasties Egg fried rice Baton carrots & broccoli	Oven baked wedges Green Beans & kale	Chip shop chips Baked beans & peas
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	Banoffee cake	'BOOST IT' Fruity flapjack	Chocolate shortbread biscuit	Warm lemon & poppyseed muffin
	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