



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 | Creamy garlic & herb chicken noodles | Slow cooked pork & vegetable stew w/ sage & onion dumpling | Katsu Chicken curry w/ fruity curry sauce | Thai green coconut chicken | Minced beef & onion shortcrust pastry pie |
| PLANT BASED MAIN COURSE | Quorn & crispy vegetable black bean chowmein | Summer vegetable stew w/ sage & onion dumpling | Spaghetti pomodoro w/ garlic bread | Red lentil & vegetable dhal w/ tarka spiced yoghurt | Roasted vegetable & pesto pasta |
| ON THE SIDE | Broccoli & carrots Green beans & peppers | Spiced new potatoes sweetcorn Maple roast carrots | Steamed rice Stir fried vegetables | Coriander & lime rice Roast summer vegetables | Chippy chips Mushy peas & baked bean |
| 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 | Rhubarb & apple crumble w/ custard sauce | Maple flapjack | 'BOOST IT' Shortbread Fingers | Chocolate brownie slice | Peach & raspberry cobbler w/ custard |
| | 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 |