



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	Hunter's style chicken Fillets	Creamy fish pie w/ parsley & chive mash	Char Grilled Peri Peri Chicken Thighs & Spicy Mixed Bean Rice	Spicy beef & vegetable biryani w/ naan & curry sauce	Pork Souvlaki Pita & Tzatziki
MAIN COURSE TWO	Mexican spiced Pork & Flavoured Rice	Spaghetti bolognese w/ garlic bread	Lamb Moussaka & Home made Garlic bread	Thai style Pork meatballs & Sesame Flavoured Noodles	Roast chicken w/ herb stuffing, pan gravy & roasted parsnip
PLANT BASED MAIN COURSE	Three cheese macaroni bake w/ garlic bread	Vegetable & lentil bolognese w/ garlic bread	Vegetable Moussaka	Roasted vegetable biryani w/ naan & curry sauce	Greek Baked Orzo Pasta
ON THE SIDE	Parmentier Potatoes Green Beans & sweetcorn	Broccoli & Cabbage	Roast carrots Garden peas	Stir fried Mixed Vegetables	Potato Wedges Sweetcorn & Baked beans
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	Pear & Apple Crumble Custard	Chewy oatly golden syrup cookie	'BOOST IT' Banana & cinnamon Loaf	Chocolate Brownie	Seasonal Fruit Pie & Cream
	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