



# QEGS – LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	A freshly prepared seasonal soup served with freshly baked breads and soup toppers				
<b>MAIN COURSE ONE</b>	Chicken Alfredo & Pasta	Beef Bean & vegetable Chilli Tacos Salsa & Sour cream with Spiced Rice	Katsu Chicken curry w/ fruity curry sauce	Battered fish w/ lemon & tartare sauce	Thai Red coconut chicken
<b>MAIN COURSE TWO</b>	Sri Lankan Black Pork Curry & Rice	Slow cooked pork & vegetable stew w/ sage & onion dumpling		Pork loin cutlet w/ stuffing, apple sauce Thyme roast potatoes	Minced beef & onion shortcrust pastry pie & Midi Potatoes
<b>PLANT BASED MAIN COURSE</b>	Roasted vegetable, spiced bean & cheese quesadilla	Creamy tomato & mascarpone pasta bake w/ garlic bread	Spaghetti pomodoro w/ garlic bread	Roasted vegetable & pesto pasta	Red lentil & vegetable dhal w/ tarka spiced yoghurt
<b>ON THE SIDE</b>	Broccoli & carrots	sweetcorn Maple roast carrots	Steamed rice Stir fried vegetables	Chippy chips Broccoli & Cauliflower mix & baked beans	Coriander & lime rice Roast summer vegetables
<b>JACKET POTATO</b>	A daily choice of freshly baked jacket potatoes, baked beans, grated cheddar, tuna mayonnaise & other jacket toppers				
<b>DELI BAR &amp; SALAD SELECTION</b>	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				
<b>DESSERTS</b>	Rhubarb & apple crumble w/ custard sauce	Rice Krispie Tray Bake	'BOOST IT' Shortbread Fingers	Coconut & lime Iced traybake	Orange & Cranberry Cookie
	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