



QEGS SIXTH 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	Hunter's style chicken Fillets	Creamy fish pie w/ parsley & chive mash	Char Grilled Peri Peri Chicken Thighs & Spicy Bean Rice	Thai style Pork meatballs & Sesame Flavoured Noodles	Pork Souvlaki Pita & Tzatziki
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 & artisan bakes A daily selection of seasonal mixed compound salads, simple salads, dressings & salad toppers				
DESSERTS	Pear & Apple Crumble Custard Fresh cut fruit Dessert & yoghurt pots	Chewy oaty golden syrup cookie Fresh cut fruit Dessert & yoghurt pots	'BOOST IT' Banana & cinnamon Loaf Fresh cut fruit Dessert & yoghurt pots	Chocolate Brownie Fresh cut fruit Dessert & yoghurt pots	Seasonal Fruit Pie & Cream Fresh cut fruit Dessert & yoghurt pots