

QEGS – LUNCH MENU

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A freshly prepared seasonal soup served with freshly baked breads and soup toppers				
Smokey BBQ chicken Sub w/ slaw & BBQ sauce	Chicken fajitas w/ crispy peppers & onions	Chicken & vegetable cacciatore pasta	Pork meatballs & pasta w/ tomato & basil sauce	Spaghetti bolognese w/ garlic bread
Three cheese macaroni bake w/ garlic bread	Sweet potato schnitzel w/ creamy gravy	Grilled vegetable cacciatore pasta	Roasted vegetable pasta w/ tomato & basil sauce	Vegetable & lentil bolognese w/ garlic bread
Waffle fries Green Beans & sweetcorn	Baked parmentier potatoes Broccoli & parsnips	Balsamic roast carrots Garden peas	Spiced roasted summer vegetables	Broccoli florets Sweetcorn
A daily choice of freshly baked jacket potatoes, baked beans, grated cheddar, tuna mayonnaise & other jacket toppers				
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				
Cappuccino sponge w/ chocolate sauce Fresh cut fruit Dessert & yoghurt pots	Classic rice pudding w/ summer fruit compote Fresh cut fruit Dessert & yoghurt pots	'BOOST IT' Sticky squash & ginger traybake Fresh cut fruit Dessert & yoghurt pots	Anzac golden oat biscuit Fresh cut fruit Dessert & yoghurt pots	Sticky toffee & date sponge w/ toffee sauce Fresh cut fruit Dessert & yoghurt pots
	Smokey BBQ chicken Sub w/ slaw & BBQ sauce Three cheese macaroni bake w/ garlic bread Waffle fries Green Beans & sweetcorn A daily choice of A d A daily choice of A d A d A d	A freshly prepared seasonalSmokey BBQ chicken Sub w/slaw & BBQ sauceChicken fajitas w/ crispy peppers & onionsThree cheese macaroni bake w/ garlic breadSweet potato schnitzel w/ creamy gravyWaffle fries Green Beans & sweetcornBaked parmentier potatoes Broccoli & parsnipsA daily choice of freshly baked jacket potato A daily selection of meat, seafoor A daily selection of seasonal mixedCappuccino sponge w/ chocolate sauceClassic rice pudding w/ summer fruit compoteFresh cut fruitFresh cut fruit	A freshly prepared seasonal soup served with freshly bakSmokey BBQ chicken Sub w/ slaw & BBQ sauceChicken fajitas w/ crispy peppers & onionsChicken & vegetable cacciatore pastaThree cheese macaroni bake w/ garlic breadSweet potato schnitzel w/ creamy gravyCrilled vegetable cacciatore pastaWaffle fries Green Beans & sweetcornBaked parmentier potatoes Broccoli & parsnipsBalsamic roast carrots Garden peasA daily choice of freshly baked jacket potatoes, baked beans, grated ched A daily selection of meat, seafood & vegetarian filled rolls, bag A daily selection of seasonal mixet compound salads, simpleCappuccino sponge w/ chocolate sauceClassic rice pudding w/ summer fruit compote'BOOST IT' Sticky squash & ginger traybake	A freshly prepared seasonal soup served with freshly baked breads and soup toppers Smokey BBQ chicken Sub w/ slaw & BBQ sauce Chicken fajitas w/ crispy peppers & onions Chicken & vegetable cacciatore pasta Pork meatballs & pasta w/ tomato & basil sauce Three cheese macaroni bake w/ garlic bread Sweet potato schnitzel w/ creamy gravy Grilled vegetable cacciatore pasta Roasted vegetable pasta w/ tomato & basil sauce Waffle fries Green Beans & sweetcorn Baked parmentier potatoes Broccoli & parsnips Balsamic roast carrots Garden peas Spiced roasted summer vegetables A daily choice of freshly baked jacket potatoes, baked beans, grated cheddar, tuna mayonnaise & othe A daily selection of meat, seafood & vegetarian filled rolls, baguettes, soft subs & artizan ba A daily selection of seasonal mixed compound salads, simple salads, dressings & salad topp w/ chocolate sauce Cappuccino sponge w/ chocolate sauce Classic rice pudding w/ summer fruit compote 'BOOST IT' Sticky squash & ginger traybake Anzac golden oat biscuit Fresh cut fruit Descert & worbuit pote Fresh cut fruit Fresh cut fruit Fresh cut fruit