



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	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
PLANT BASED MAIN COURSE	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
ON THE SIDE	Waffle fries Green Beans & sweetcorn	Baked parmentier potatoes Broccoli & parsnips	Balsamic roast carrots Garden peas	Spiced roasted summer vegetables	Broccoli florets Sweetcorn
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	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