



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	Chicken Alfredo & Pasta	Slow cooked pork & vegetable stew w/ sage & onion dumpling	Katsu Chicken curry w/ fruity curry sauce	Battered fish w/ lemon & tartare sauce	Thai Red coconut chicken
PLANT BASED MAIN COURSE	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
ON THE SIDE	Broccoli & carrots	sweetcorn Maple roast carrots	Steamed rice Stir fried vegetables	Chippy chips Broccoli & Cauliflower mix & baked beans	Coriander & lime rice Roast summer vegetables
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	Rhubarb & apple crumble w/ custard sauce Fresh cut fruit Dessert & yoghurt pots	Rice Krispie Tray Bake Fresh cut fruit Dessert & yoghurt pots	'BOOST IT' Shortbread Fingers Fresh cut fruit Dessert & yoghurt pots	Coconut & lime Iced traybake Fresh cut fruit Dessert & yoghurt pots	Orange & Cranberry Cookie Fresh cut fruit Dessert & yoghurt pots