



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	Creamy garlic & herb chicken noodles	Tomato & cheese topped beef & vegetable enchilada	Katsu Chicken curry w/ fruity curry sauce	Thai green coconut chicken	Battered fish w/ lemon & tartare sauce
MAIN COURSE TWO	Pork & vegetable puff pastry pasty	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
PLANT BASED MAIN COURSE	Roasted vegetable, spiced bean & cheese quesadilla	Creamy tomato & mascarpone pasta bake w/ garlic bread	Spaghetti pomodoro w/ garlic bread	Red lentil & vegetable dhal w/ tarka spiced yoghurt	Roasted vegetable & pesto pasta
ON THE SIDE	Broccoli & carrots Green beans & peppers	Spiced new potatoes sweetcorn Maple roast carrots	Steamed rice Stir fried vegetables	Coriander & lime rice Roast summer vegetables	Chippy chips Mushy peas & baked bean
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	Rhubarb & apple crumble w/ custard sauce	Maple flapjack	'BOOST IT' Shortbread Fingers	Chocolate brownie slice	Peach & raspberry cobbler w/ custard
	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