



# QEGS SIXTH FORM – LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	A freshly prepared seasonal soup served with freshly baked breads and soup toppers				
<b>MAIN COURSE ONE</b>	Chicken korma curry Rice w/ naan & mango chutney	Beef & tomato lasagne w/ garlic bread	Loaded pork hot dogs w/ onions, jalapeno & salsa	Focaccia style pepperoni pizza slice	Chicken pad thai w/ crispy vegetables & rice noodles
<b>PLANT BASED MAIN COURSE</b>	Creamy Sweet potato Pasta	Baked macaroni cheese w/ garlic bread	Loaded quorn hot dogs	Margherita focaccia style pizza slice	Quorn Barley & Vegetable Casserole
<b>ON THE SIDE</b>	Wilted Greens	Broccoli Sweetcorn	Oven baked wedges Bbq Beans	Waffle potatoes Green beans & Cauliflower	Baton carrots Mixed vegetable stirfry
<b>JACKET POTATO</b>	A daily choice of freshly baked jacket potatoes, baked beans, grated cheddar, tuna mayonnaise & other jacket toppers				
<b>DELI BAR &amp; SALAD SELECTION</b>	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				
<b>DESSERTS</b>	Cherry & Apple Crumble & Custard	Baked white & dark chocolate ripple cake	"Boost it" Courgette & Lime Cake	Spiced stem ginger cookie	Apple Sultana & Cinnamon Strudel
	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