



WEEK FOUR

# 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	Chowmein style chicken & vegetable noodles	Loaded pork hot dogs w/ onions, jalapeno & salsa	Beef & tomato lasagne w/ garlic bread	Focaccia style pepperoni pizza slice	Chicken korma curry w/ naan & mango chutney
MAIN COURSE TWO	Slow cooked pork & roasted pepper BBQ pasta	Chicken & butterbean roasted vegetable paella		Savoury minced beef & vegetable yorkies	Beef, lentil & red onion burger in a soft bun
PLANT BASED MAIN COURSE	Black Bean & tofu chowmein style noodles	Loaded vegan hot dogs w/ onions, jalapenos & salsa	Baked macaroni cheese w/ garlic bread	Margherita focaccia style pizza slice	Crispy vegetable & spinach bean burger in a soft bun
ON THE SIDE	Rosemary & garlic potatoes Seasonal stirfry vegetables	Oven baked wedges Carrots & green beans	Cheesy mashed potato Sweetcorn & peppers	Waffle potatoes Winter vegetable slaw	Herb diced potatoes BBQ beans
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	Pear & oat crumble w/ custard sauce	'BOOST IT' Carrot cake	Apple & berry crumble bar	Three chocolate chip cookie	Warm ginger & orange traybake
	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