

What to watch out for this week.....


Winter Warmer on Tuesday Main Meal 😊

# QEGS DINING HALL

## This Week's Menu

WEEK BEGINNING 8th Jan 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Roast Chicken Sub With Salad or Stuffing <b>MF★</b>	Chicken Curry With Rice & Indian Roastie Potatoes <b>MF★</b>	Tomato & Pork Sausage Pasta with Garlic Bread <b>MF</b>	Beef Cornish Pasty Meal Deal	Chicken Special Sausage & Chips
Vegetarian	Veggie Stir Fried Noodles <b>★</b> <b>MF</b>	Quorn Meatballs & Pasta <b>★</b>	BBQ Quorn Cheese & Salad Burger <b>★</b>	Veggie Sausage Roll Meal Deal	Healthy Chef's Choice! <b>★</b>
Pasta	Pasta Pronto <b>★</b>	Pasta Pronto <b>★</b>	Pasta Pronto <b>★</b>	Pasta Pronto <b>★</b>	Pasta Pronto <b>★</b>
Pudding	Pancakes with syrup or lemon	Chocolate Sponge & Choccie Sauce	Cookies & Cakes	Hot Chocolate with Whippy Cream & Shortbread	Victoria Sponge

Menu is subject to change ALLERGENS: MF= Milk Free GF=Gluten Free N= Contains Nuts  = Healthier

("Check the daily menu & counter labels" Always ask we can sometimes take out an ingredient e.g. cheese)

