

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

Children in Need Cake Sale on Friday Lunch



QEGS DINING HALL

This Week's Menu

WEEK BEGINNING 13th Nov 2017

	Monday	Tuesday	Tuesday	Thursday	Friday
Main Meal	Fiesta Chilli Beef with Pasta or Rice or Nachos or Wrap! ★	Plain ★ Pulled Pork in a Brioche Bun with Apple Slaw or Plain	Italian Chicken with Pasta or in a Ciabatta ★ MF	Roast Chicken Dinner or in a Baguette MF ★	Sausage or Chicken MF GF With Chips
Vegetarian	Mexican Quorn Burger in a Bun	Ricotta & Spinach Ravioli with Crusty Bread ★	Macaroni Cheese with a Side of Vegetables	Cheese & Onion Pasty Meal	Healthy Chefs Choice ★
Pasta Pot	Pasta Pronto ★	Pasta Pronto ★	Pasta Pronto ★	Pasta Pronto ★	Pasta Pronto ★
Pudding	Healthier Baked Doughnut	Chocolate Iced Sponge	Cookies and Cakes Day MF	Homemade Cheesecake	Pudsey Cakes & Biscuits

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)

