

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

Sports Day Grab'n'Go Special See Theme Menu!

QEGS DINING HALL

This Week's Menu

WEEK BEGINNING 15th July

	Monday	Pasta Bar Tuesday	Pasta Bar Wednesday	Traditional Thursday	Chippy Friday
Main Meal	<i>See Special Menu</i>	Italian or  Fajita Chicken with Pasta or Jacket Wedges <i>MF</i>	Pork Meatballs in Tomato Sauce with Either Pasta or in a Baguette with Cheese	Dippin' Chicken with Corn Cob & Choice of Rice and Sauce on the Side! 	Chicken Special or Sausage Chips!
Vegetarian		Cheese Omelette with Wedges or Salad	Spicy Beans with either Pasta or Nachos	Quorn "Meat" Balls & Pasta	Healthy  Chef's Choice
Pasta Pot	Pasta Pronto <i>mf</i> 	Pasta Pronto <i>mf</i> 	Pasta Pronto <i>mf</i> 	Pasta Pronto <i>mf</i> 	Pasta Pronto 
Pudding	Healthier Doughnut	Sticky Toffee Pudding	Cookie & Cake Day <i>MF</i>	Apple Crumble or Wrapped Belgian Waffle <i>MF</i>	Chocolate Swiss Roll with Vanilla Cream Filling

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

