

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

Check out SUBWAY DAY on Wednesday 😊

QEGS DINING HALL

This Week's Menu

WEEK BEGINNING 10th July 2017

	Monday	Tuesday	SUBWAY DAY	Thursday	Friday
Main Meal	Tomato Meatballs with Pasta <i>MF</i>	Chicken & Chorizo with Pasta or in a Bun ★	<i>Choice of Hot & Cold Fillings (See Poster)</i> ★	Shredded Beef Stir Fried Noodles	Chicken Special or Sausage Chips!
Vegetarian	Roasted Veg Cous Cous <i>MF</i> ★	Spicy Bean Nachos	Veggie Options Available too	Quesadilla (Mexican Wrap Style Pizza)	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 <i>mf</i> ★
Pudding	Blueberry Muffin	Sticky Toffee Pudding	Cookie & Cake Day <i>MF</i>	Homemade Trifle	Lemon Sponge Pudding or Apple Crumble <i>MF</i>

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)

