

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

Check out the food cube at Break!

QEGS DINING HALL

This Week's Menu

WEEK BEGINNING 20th September

	Noodle Monday	Snack Attack Tuesday	Pasta Bar Wednesday	Traditional Thursday	Chippy Friday
Main Meal	★ Italian Chicken or Fajita Chicken with Pasta Or With Jacket Wedges (GF) MF	Roast Chicken Baguette with Salad★ or Sage & Onion Stuffing MF	Beef Meatballs in Tomato Sauce with Either Pasta or in a Baguette with Cheese	Hoi Sin Chicken with oriental Noodles ★ Or In a Wrap with Salad MF	Pork Sausages Chicken or Fish Chips!
Vegetarian	Veggie Quesadilla with Salad	Spicy Beans★ with Pasta or Nachos (GF)	Jumbo Veggie Pizza Specials	Oriental Veggie Noodles & ★ Prawn Crackers MF	Healthy ★ Chef's Choice
Pasta Pot	Pasta Pronto mf ★	Pasta Pronto mf ★	Pasta Pronto mf ★	Pasta Pronto mf ★	Pasta Pronto mf ★
Pudding	Healthier Doughnut	Choc Fudge Pudding	Cookie & Cake Day MF	100s & 1000s Iced Sponge or Apple Crumble	Chocolate Chip Muffin

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

