

**QEH Menu**  
**Week 1**  
**January 2022**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<i>Main Course</i>	Mixed Bean and Sweet Potato Chilli	Beef and Oregano Lasagne with Cheese Crumb	Honey Roast Gammon	Massaman Chicken Curry	Battered Fish Fillet
<i>Vegetarian</i>	Cauliflower Korma	Vegetable Lasagne	Winter Vegetable Parcel	Vegetable Enchilada	<b>Veggie Bean Burger</b>
<i>Pasta Sauce 1</i>	Vegan Bolognese	Cajun Chicken Sauce	Minced Lamb Kleftiko	Pork and Pepper Ragu	Pizza Selection
<i>Pasta sauce 2</i>	Chunky Tomato and Basil Sauce	Parmesan and Spinach Sauce	Garlic Mushroom	Vegetable Arrabiatta	Mushy Peas
<i>On the side...</i>	White Rice	Garlic and Herb Slice	Garlic Roasted Potato	Scented Rice	Chipped Potato
<i>Vegetables</i>	Sweetcorn Nachos Sour Cream Tomato Salsa	Green Peas Mixed Salad Leaves White Cabbage Slaw	Steamed Greens Baton Carrots Pan Gravy	Broccoli Florets	Garden Peas Steamed Corn Tartare Sauce
<i>Something Sweet</i>	Apple and Cinnamon Crumble  Yoghurt and Cut Fruit	Sticky Toffee Pudding with Toffee Sauce  Yoghurt and Cut Fruit	Raspberry Ripple Sponge  Yoghurt and Cut Fruit	Honey and Date Flapjack  Yoghurt and Cut Fruit	Chocolate Brownie  Yoghurt and Cut Fruit

**Jacket Potato and Filling Available Every Day**

**QEH Menu**  
**Week 2**  
**January 2022**

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Main Course</i>	Caribbean Vegetable Curry	Pork Sausage and Roasted Red Onion	BBQ Chicken Leg	Lamb and Vegetable Hotpot	Battered Fish Fillet
<i>Vegetarian</i>	Italian Vegetable Cottage Pie	Stuffed Aubergine	<b>Quorn Sausage Casserole</b>	Courgette and Red Pepper Lasagne	Spanish Tortilla
<i>Pasta Sauce 1</i>	Thai Vegetable Noodles	Moroccan Lamb and Chick Pea	Chilli Beef and Bean	Beef Bolognese	American Style Hotdogs
<i>Pasta sauce 2</i>	Tomato, Black Olive and Parsley	Creamy Vegetable and Cheddar	Mushroom Stroganoff	<b>Sweet Potato and Paprika</b>	Baked Beans
<i>On the side...</i>	Coriander Rice Tortilla Wrap	Creamy Mashed Potato	Sauté Potato	Parsley Potato	Chips Crispy Onions
<i>Vegetables</i>	Steamed Corn Pineapple Salsa Mint Yoghurt	Roasted Winter Veg Pan Gravy	Mixed Greens Roasted Carrots	Steamed Broccoli Green Beans	Chilli Corn Lemon Peas Tartare Sauce Mustard
<i>Something Sweet</i>	Chocolate Chip Shortbread	Apple and Sultana Sponge with Custard	Chocolate Chip Sponge with Chocolate Sauce	Salted Caramel Biscuit Cake	Jam Donut
	Yoghurt and Cut Fruit	Yoghurt and Cut Fruit	Yoghurt and Cut Fruit	Yoghurt and Cut Fruit	Yoghurt and Cut Fruit

**Jacket Potato and Filling Available Every Day**

**QEH Menu**  
**Week 3**  
**January 2022**

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Main Course</i>	Vegetable Paella	Pulled Pork Mac and Cheese	Beef and Chunky Vegetable Pie	Chicken Puttanesca	Battered Fish Fillet
<i>Vegetarian</i>	Sweet Potato, Spinach and Chick Pea Curry	Aubergine Parmigiana	Vegetable Wellington	<b>Vegan Bourginion</b>	<b>Beetroot and Haloumi Burger</b>
<i>Pasta Sauce 1</i>	Quorn Chilli	Spanish Chicken	Herby Lamb Bolognese	Chorizo and Cherry Tomato Stew	Build your own Burger
<i>Pasta sauce 2</i>	Tomato and Basil Pesto	Butternut Squash and Basil	Cheese and Herb	Roasted Tomato and Spinach	Baked Beans
<i>On the side...</i>	White Rice	Garlic Bread	Roast Potato Basil Oil	Egg Noodles	Chunky Chips
<i>Vegetables</i>	Sour Cream Tomato Salsa Sweetcorn	Green Beans Baby Carrots	Red Cabbage Root Veg Mix Gravy	Garlic Courgettes Chilli Corn	Cheese slice Pickled Gherkins Burger Relish Peas
<i>Something Sweet</i>	Mixed Fruit Crumble Yoghurt and Cut Fruit	Lemon Drizzle Sponge Yoghurt and Cut Fruit	Cherry Flapjack Yoghurt and Cut Fruit	Banana and Toffee Sponge Yoghurt and Cut Fruit	Caramel and Chocolate Shortbread Yoghurt and Cut Fruit

**Jacket Potato and Filling Available Every Day**