

	Lunch	Supper at 5.30pm
Monday		
Tuesday	Staff inset day - lunch at 12.30pm Caesar salad with parmesan and crunchy croutons (v) Chicken and bacon pasta with freshly baked breads and a selection of salads Fresh fruit salad with low fat yoghurts	Chicken noodle soup Cannelloni Bolognaise - pasta tubes with lean beef filling and topped with cheese * Avocado summer salad with crusty bread (salad bar) Ice cream selection with sauces and a Rossini curl Fresh fruit platter
Wednesday	Homemade vegetable soup with baked croutons Roast pork with apple sauce and crackling Roast potatoes Fresh vegetables * Butterbean salad with fresh coriander (from the salad bar) with jacket potato Caramel apple pie with custard Fresh fruit slices with natural honey yoghurt	* Thai sweet chilli chicken in a wrap (plain option available) Grilled polenta with a mushroom topping (v) Jacket potato Fresh vegetables Homemade fruitcake Fresh fruit salad Low-fat yoghurt
Thursday	* Spicy Thai noodle soup (v) Country chicken and vegetable pie Creamed potatoes Spaghetti hoops Broccoli * Vegetarian chilli bake with nachos Chocolate orange bread and butter pudding with custard Low fat yoghurt	Vegetable sticks and dips from the salad bar Spinach and feta filo pie (v) Spaghetti bolognaise with parmesan and fresh broccoli Fresh fruit salad with mango and lychees Natural honey yoghurt with toasted pumpkin seeds
Friday	Fresh fillet of cod in batter or * natural poached * \$ Swedish-style vegetarian meatballs on a bed of spaghetti with tomato sauce Crispy cod fillet fingers Chips or jacket potato Baked beans Minted peas Homemade carrot cake Fresh fruit slices	Garlic bread Spaghetti carbonara in a creamy sauce with mushrooms (v) Roasted chicken pieces Jacket potato Cowboy beans Fresh pineapple and melon with sorbet
Saturday Breakfast at 9.30am	Fill your own flour tortilla – choice of Mexican chicken with guacamole or roasted vegetables with goats' cheese Curly fries Corn on the cob A selection of lollies and ice creams	* Malaysian chicken curry with rice, naan and poppadums Macaroni cheese Greek salad with feta and black olives Hot dessert of the day
Sunday	Brunch at 9.30am Pizza lunch at 12.30pm - choose your favourite with a range of sides!	Homemade soup with freshly baked breads Roast of the day with Yorkshire pud Roast potatoes Fresh vegetables Wendy's cake selection

Stover only uses free-range eggs

If you would like a baked potato please ask at the servery – or let us know early and we'll put one aside for you!

A selection of fresh fruit, salads and breads are available daily

Vegetarian Options are always available – please ask if unsure

Breakfast – A wide selection of cereals with toast and hot and cold drinks are available

! This dish contains nuts

Low-fat yoghurts are always available as an alternative – please ask

* This is a lower fat dish today – or why not try a salad?

FOOD ALLERGIES AND INTOLERANCES

– if in doubt please ask a member of staff about the ingredients in your meal