STOVER SCHOOL

Menu

Week beginning Monday 20th May 2019

	Lunch	Supper at 5.30pm
Monday	Homemade soup of the day with crispy croutons * Individual baked Spanish omelette (v) Butcher's best sausage casserole Creamy mash Green beans Fresh carrots Hot chocolate and vanilla marble cake with custard Fruit slices with low-fat natural honey yoghurt	Chicken Caesar salad with tortilla wraps (boarders' request) Swedish-style pork meatballs with a choice of sauces Roasted tomato and goats' cheese tart (v) Jacket potato or savoury rice Hot dessert of the day
Tuesday	Homemade mushroom soup with croutons * Lemon chicken with pretty rice Pasta penne with herby tomatoes and red pepper dressing Cottage cheese from the salad bar Cornish new potatoes Fresh vegetables Spaghetti hoops Apple and cinnamon crumble with custard	Soup of the day with freshly baked rolls Seafood Linguine – pasta ribbons cooked with shellfish and calamari (request) # Sweet and sour quorn casserole with rice (v) Fresh vegetables Fruit platter with fresh strawberries and ice cream selection
Wednesday	Homemade cheddar, chive and potato soup with croutons Roast of the day with Yorkshire pudding * ! Homemade carrot and cashew nut loaf (v) Roast potatoes Fresh vegetables Hot dessert of the day with custard Fresh fruit cocktail with lychees and mango	Chilled grapefruit Chilli-con-carne with special rice or noodles * Falafel balls (vegetarian with chick peas) with salad and crusty bread Roasted vegetables with balsamic dressing Homemade flapjack and ice cream
Thursday	Homemade carrot soup with crunchy croutons Mexican chicken fajitas (far-hee-ters) in a flour tortilla * Vegetarian chilli quorn bolognaise with wholegrain rice New potatoes Fresh broccoli and corn Proper mozzarella and tomato salad with fresh basil Stover's special homemade shortbread with fresh fruit salad and ice cream	Freshly-baked breads Westcountry beef stroganoff – tender strips of beef in a rich and creamy sauce Mediterranean quiche with smoky cheese and roasted tomatoes Potato wedges or rice Fresh vegetables Ice cream with sauces and fruit slices
Friday	Chilled grapefruit from the salad bar Fresh cod fillet in a light batter or *poached with lemon and parsley Today's vegetarian option - please ask Crispy cod fillet fingers French fries Baked beans Vegetables Fruit jelly with ice cream Low fat yoghurt	
Saturday	**Have a great half-term!**	
Sunday		

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 # Quorn is a high protein low-fat alternative to meat
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

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