

## Lunch

## Supper at 5.30pm

Monday	Chicken noodle soup with baked croutons Pasta bolognese with parmesan Steamed potatoes Green beans Vegetarian alternative – please ask * Fresh fruit slices with natural honey yoghurt or Homemade shortbread with ice cream or Fresh fruit slices	Homemade mushroom soup with crunchy croutons * Escalope of chicken with a cranberry dip or Roasted vegetable quiche Vegetables Potatoes Home-baked cookies and ice cream * Fresh fruit salad
Tuesday	Spicy beef soup with baked croutons (request) Bangers and mash: butcher's best sausages with caramelised red onion gravy – choice of honey and mustard or lamb and mint ! Homemade vegetable loaf with toasted nuts and sesame Summer fruit cheesecake * Fresh fruit salad with lychees and mango	Mexican Tacos with a selection of fillings (boarder's request) Chilli beef, crispy chicken strips or mozzarella sticks with sweet chilli sauce Jacket potato Fresh broccoli A selection of lollies and ice creams - choose your own! Fresh fruit salad
Wednesday	Homemade soup of the day with baked croutons Roast of the day with Yorkshire pudding and gravy Roast potatoes Fresh vegetables Please ask for today's vegetarian option Chocolate fudge sparkle cake with ice cream (pupil request) Fresh fruit slices with natural yoghurt	<u>Curry night!</u> A selection of curries with poppadoms, chutney and naan breads Choice of ice cream dessert
Thursday	Spicy Thai soup with noodles Cheese and tomato or pepperoni pizza (pupil request) Lemon spaghetti with roasted vegetables and balsamic (v) New potatoes Green beans Raspberry and coconut flapjack with custard Fresh melon slices	Soup of the day with crusty bread Beef cannelloni on a bed of tomato topped with cheese Spanish omelette (v) Hot dessert of the day Fresh kiwi cocktail
Friday	Homemade soup with baked croutons Crispy fillet of white fish in batter with tartare sauce Cod fillet fish fingers Vegetarian dish of the day Skinny chips Baked beans Broccoli Fruit jelly with ice cream Fresh fruit slices	
Saturday	Have a lovely half-term holiday!	
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

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?

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FOOD ALLERGIES AND INTOLERANCES – if in doubt please ask a member of staff about the ingredients in your meal