

Week 2	Mon 07.10.19	Tue 08.10.19	Wed 09.10.19	Thu 10.10.19	Fri 11.10.19	Sat 12.10.19	Sun 13.10.19
Breakfast	Selection of Cereals Yoghurt Fresh Fruit Salad Sausages Boiled Eggs Grilled Tomatoes Potato Waffles Toast and Preserves Crumpets Gluten Free Sausages	Selection of Cereals Yoghurt Fresh Fruit Salad Fried Eggs Gilled bacon Baked Beans Sweet Waffles Toast and Preserves Muffins Gluten Free Sausages	Selection of Cereals Yoghurt Fresh Fruit Salad Poached Eggs Maple Cured bacon Baked Beans Bagels Toast and Preserves Continental Meats Fresh Fruits Gluten Free Sausages	Selection of Cereals Yoghurt Fresh Fruit Salad Boiled Eggs Grilled Tomatoes Croissants Toast and Preserves Crumpets Gluten Free Sausages	Selection of Cereals Yoghurt Fresh Fruit Salad Fried Eggs Bacon Baked Beans Potato Smiles Toast and Preserves Muffins Gluten Free Sausages	Selection of Cereals Yoghurt Fresh Fruit Salad Grilled Bacon with floured Baps Baked Beans Scrambled Eggs Toast and Preserves Bagels Gluten Free Sausages	
LUNCH Soup	Butternut Squash& Potato Soup g/f Freshly Baked Bread Croutons	Country Vegetable Soup g/f Freshly Baked Bread Croutons	Fresh Soup of Day Freshly Baked Bread Croutons	Thick Chunky Vegetable soup Croutons	Roast Tomato & Pepper Croutons Baked Breads	Chefs Soup Of The Day Croutons	
Comfort	Hunters chicken Chicken Wrapped in Bacon. With a BBQ Sauce	Beef Bourguignon With Caramelized Baby Onions Buttered Noodles Sour cream	Chicken Kiev	Spaghetti Beef Bolognaise	Fried Haddock Lemon / Tartare Sauce Gammon & Pineapple	Spiced Salmon Egg Noodles	Half Term
Vegetarian Choice	Courgette and Feta Tart With a Balsamic Dressing	Roasted Butternut Squash with Stilton And Spinach Risotto	Mixed Bean Sweet Potato Hot Pot	Lentil and Bean with Dumplings	Mushroom Stroganoff Parmesan, Nut Free Pesto	Roasted stuffed Peppers With Chickpeas & Grilled Haloumi	
Bistro/ Pasta	Potato crisps Medley Vegetables	Chunky Tomato . Mushroom Carbonara Sauces Toppers Of Rocket and Parmesan	Big Salad Leek, Carrot & Pea Medley	Cauliflower Cheese Savoy Cabbage Garlic bread	Chips Peas		
Potato and Sides	Baked Potatoes Farmhouse Vegetables	Plain Baked, Cajun & Sweet Potatoes Creamy Mash Red Cabbage Carrot	Grilled Tomatoes Potato Crispers	Plain Baked, Cajun & Sweet Potatoes	Mushy Peas Curry Sauce	Cauliflower /Broccoli Mix	
Last Stop	Apple with Oat Crumble & Custard Compote of Fruits with Natural Yoghurt	Sticky Toffee Pudding Custard Fruit Jellies	Compote of Fruits with Natural Yoghurt Fresh Fruit Assorted Gateaux	Hot Chocolate Brownie Custard Sauce Fresh Fruit Salad	Pineapple Sponge & Custard Strawberry Jelly Cream Fruit Yoghurts Fresh Fruit Salad	Chocolate Fudge Cake Fruit Yoghurts Fresh Fruit Salad Fresh Fruit	
Soup	Soup of the Day Freshly Baked Bread	Chefs Choice Freshly Baked Bread	Soup of the Day Freshly Baked Bread	Chefs Choice Freshly Baked Bread	Soup of the Day Freshly Baked Bread		
Comfort	Spanish Paella with Pepper and Chorizo	Stowe sub Baguettes to be filled with Roast Loin of Pork g/f Apple sauce Sage and Onion Stuffing .	Pie night ... Steak and Ale	Sausages Baked Beans	The British Bulldog” Burgers with Onion Rings Tomato Chutney In a Floured Bap		
Vegetarian Choice	Roasted Red Peppers With Feta	Pea & Mint Falafels Quinoa Herby Salad	Cheese and Pickle Slice	Framagio. Tomato sauce	Veggie Burger Complimented with the above	Half Term	
Salad Bar	Salad bar	Salad Bar Phili Cheese and Sliced Ham	Salad Bar	Salad Bar Phili Cheese and Sliced Ham	Salad Bar House Slaw & Potato Salad		
Pasta/ Potato	Plain Baked Sweet Potatoes	Big Salad Sliced Cheese Tomatoes Pickles	Creamy Mash Baked Beans . Peas	Hash Browns	Curly Fries		
Sides	Tossed Salad	Seasoned Wedges Sour Cream Chilli Sauce		Beans Sauté Mushrooms	Slaw		
Last Stop	Cheese Table Muffins	Cheese Table Ice Cream Fresh fruit	Chocolate Eclairs Yoghurts	Jam Doughnuts Cheese Table	Assorted Cold Desserts		