Marlborough Lunch Menu

Monday 26th – Friday 29th March 2018

Monday
Meat Free

1 **Macaroni Cheese** — V
Organic white macaroni baked in a creamy cheese sauce with cauliflower and kale, topped with Cornish cheddar and crispy crumbs, and served with seasonal vegetables

2 **Pea and Onion Soup** — V DF V
Smooth and mild soup of organic split green peas blended with spring onions, served with homemade spinach flatbreads and a range of salads

Tuesday

1 **Sausage and Bean Casserole** — DF
Primrose Herd sausages and a mixture of eight organic beans cooked in a rich tomato sauce, served with organic brown basmati rice, and seasonal veggies

2 **Mixed Bean, Tomato & Pearl Barley Stew** — V DF V
Lots of yummy veggies and beans cooked in a rich tomato sauce with organic pearl barley served with a range of salads

Wednesday

1 **Spaghetti Bolognese** — DF
Local, organic beef cooked in a rich tomato sauce served with organic whole-wheat spaghetti, Cornish cheddar, and seasonal veggies

2 **Spaghetti Lentil Bolognese** — V DF V
Red lentil and vegetable bolognese sauce served with organic whole-wheat spaghetti, Cornish cheddar, and seasonal veggies

3 **Hummus Open Sandwich** — V DF V
Creamy homemade hummus served with our homemade bread and a range of salads

Thursday

1 **Creamy Fish Pie**
Local white fish and salmon in a creamy white sauce with boiled eggs, topped with mashed potato, and served with seasonal veggies

2 **Carrot and Red Lentil Soup** — V DF V
Mildly spiced, smooth carrot and organic red lentil soup served with homemade bread and a range of salads

Sometimes our seasonal veg is steamed, sometimes roast, sometimes stir fried, but we decide on it the day before to make sure we can make the most of what's best value and available locally or more further afield. Same goes for our salads, we choose them the day before but ensure there's always a good mix of simple and more adventurous, light and more filling.

V/V*	Vegetarian (including no fish) or can be made veggie on request if starred
DF/DF*	Dairy free (including no eggs) or can be made dairy free on request if starred
V/ V*	Naturally vegan or can be made vegan on request if starred

Use the above key to choose options in regards to dietary requirements, ensuring the school know about all allergies and restrictions. If in doubt, please don't hesitate to ask for advice in the school office.