



Marlborough Lunch Menu

Monday 20th May – Friday 24th May 2019

Monday
Meat Free

1

Pizza Margherita

Cheddar, mozzarella and tomato baked on a dough base, served with optional coleslaw, boiled eggs and veggie sticks.

V V*

2

Aubergine, Basil and Olive Pizza

Made with a handmade dough base, topped with roasted aubergine finished with fresh basil, olives and cheese. Served with optional coleslaw, boiled eggs and veggie sticks.

V V*

3

Curried Parsnip Soup

V V DF

Served on the salad bar with a range of salads and homemade half and half bread.

Tuesday

1

Beef Stew with Dumplings

Made with bacon and butternut squash, slowly cooked local beef, served with dumplings and seasonal veg.

2

Moroccan Chickpea Tagine

V V DF

A rich, lightly spiced tomato and veg tagine, served with wholemeal couscous and seasonal veggies.

3

Egg Mayo Open Sandwiches

V

Served on homemade bread with veg sticks and a range of salads on the salad bar.

Wednesday
Meat Free

1

Jacket Potatoes

V V*

Choice of white or sweet, served with organic baked beans, optional grated Davidstow cheddar, homemade coleslaw and veggie sticks.

2

Tomato and Sesame Soup

V V DF

Served with Stones baguette, a range of salads and veg sticks on the salad bar.

Thursday

1

Pork Ragu with Pasta

Made with organic wholewheat penne pasta, served with seasonal veggies and optional grated Cornish cheddar.

2

Lentil Ragu with Pasta

V V DF

Made with organic wholewheat penne pasta, served with seasonal veggies and optional grated Cornish cheddar.

3

Hummus and Bread Sticks

V V DF

Creamy chickpea hummus, served with homemade bread sticks and a range of salads on the salad bar.

Friday

1

Chipolata Sausages with Potato Wedges

Juicy sausages baked until they're smiling, served with Cornish potato wedges and seasonal veggies.

2

Veggie Sausages with Potato Wedges

V V DF

Linda McCartney sausages served with Cornish potato wedges and seasonal veggies.

3

Smoked Fish Chowder

Bacon and smoked white fish with potatoes, cream and smoked paprika. Served on the salad bar with Stones white farmhouse 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*
DF/DF*
V/V*

Vegetarian (including no fish) or can be made veggie on request if starred
Dairy free (including no eggs) or can be made dairy free on request if starred
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.