



Marlborough Lunch Menu

Monday 5th – Friday 9th March 2018

Monday	1	Beef Pasty	Homemade pasties filled with local skirt beef, potato, swede and onion, wrapped in all butter pastry and served with raw veg sticks	
	2	Vegetarian Pasty	Homemade pasties filled with Cornish cheddar, potato, swede and onion, wrapped in all butter shortcrust pastry and served with raw veg sticks	V DF* <u>V*</u>
Tuesday	1	Macaroni Cheese	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	V
	2	Creamy Coconut Daal	Creamy Coconut Daal served on the salad bar with homemade spinach flatbreads and a range of salads	V DF <u>V</u>
Wednesday	1	Pasta with Pork Ragu	Organic whole-wheat fusilli pasta served with slow cooked pork and tomato sauce with cheddar cheese and seasonal veggies	DF
	2	Pasta with Lentil Ragu	Organic whole-wheat fusilli pasta served with a vegetable, lentil and tomato sauce with cheddar cheese and seasonal veggies	V DF <u>V</u>
	3	Minestrone Soup	Chunky tomato, pasta and vegetable soup served with homemade bread and a range of salads	V DF <u>V</u>
Thursday	1	Fishcakes in spiced tomato sauce	Cornish whiting fishcakes served in a mildly spiced tomato sauce, served with organic wholegrain basmati rice and seasonal veggies	DF*
	2	Loaded Potato Skins	Crispy potato skins stuffed with Cornish cheddar and yummy veggies, served with a range of salads	V DF* <u>V*</u>
Friday	1	Shepherd's Pie	Shepherd's Pie made with local, organic lamb, topped with fluffy mashed potato and served with seasonal veggies	DF*
	2	Vegetarian Shepherd's Pie	Vegetable and lentil Shepherd's pie topped with fluffy mashed potato served with seasonal veggies	V DF <u>V</u>
	3	Smoked Mackerel Pate	Creamy smoked mackerel pate served on homemade soda bread on the salad bar with 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.