



Marlborough Lunch Menu

Monday 25th – Friday 29th March 2019

Monday
Meat Free

1

Macaroni Cheese with Kale and Cauliflower

Served with roasted tomatoes and sweetcorn.

V

2

Pasta with Tomato Sauce

Wholewheat penne pasta served with sweetcorn, kale and optional grated Davidstow cheddar.

V V

3

Hummus and Breadsticks

Served on the salad bar with salads and raw veggie sticks.

V V

Tuesday

1

Turkey and Spinach Burger

Served in a Stones brioche bun with little garlic and herby roast potatoes and seasonal veggies.

2

Beetroot and Halloumi Burger

Served in a Stones brioche bun with little garlic and herby roast potatoes and seasonal veggies.

V V*

3

Curried Parsnip Soup

Served on the salad bar with Stones baguette and raw veggie sticks.

V V

Wednesday
Meat Free

1

Jacket Potatoes

Choice of white or sweet, served with organic baked beans, optional grated Davidstow cheddar and seasonal veggies.

V V

2

Veggie Bean Chilli with Cous Cous

Served with seasonal veggies and a spinach flatbread.

V V

3

Coconut Daal

Mildly spiced lentil daal, served on the salad bar with raw veggie sticks and homemade spinach flatbreads.

V V

Thursday

1

Lamb, Tomato and Coconut Curry

Served with wholegrain rice, optional natural yogurt and seasonal veggies.

2

Veggie Chickpea Curry

Served with wholegrain rice, optional natural yogurt and seasonal veggies.

V V

3

Tomato and Sesame Soup

Served with raw veggie sticks and Stones bread on the salad bar.

V V

Friday

1

Spaghetti Bolognese

Served with optional grated Davidstow cheddar and seasonal veggies.

2

Spaghetti with Lentil Bolognese

Served with optional grated Davidstow cheddar and seasonal veggies.

V V

3

White Winter Soup

Served on the salad bar with homemade bread and raw veggie sticks.

V V*

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.