



Marlborough Lunch Menu

Monday 11th - Friday 15th September 2017

Monday
Meat Free

1

Carrot and Red Lentil Soup

Mildly spiced smooth carrot and red lentil soup served with homemade half and half bread and veg sticks.

V DF* V*

2

Herby Cheddar Scones

Cornish cheddar and fresh herb scones, served on the salad bar with onion marmalade, extra cheddar and a range of salads

V

Tuesday

1

Beef Lasagne

Local, organic beef in a rich tomato sauce layered with creamy béchamel and organic lasagne verdi, topped with Cornish cheddar and served with seasonal veggies

2

Roasted Butternut and Goat's cheese Lasagne

Roasted butternut squash and creamy goat's cheese layered with béchamel sauce and organic lasagne verdi, topped with Cornish cheddar and served with seasonal veggies

V

3

Hummus Open Sandwich

Homemade hummus on homemade half and half bread served on the salad bar with a range of salads

V DF V

Wednesday

1

Pork Sausages

Primrose Herd chipolata sausages cooked on a bed of shredded cabbage, served with sweet potato wedges and seasonal veggies

DF*

2

Veggie Sausages

Linda McCartney veggie sausages cooked on a bed of shredded cabbage, served with sweet potato wedges and seasonal veggies

V DF* V*

3

Stuffed Potato Skins

Crispy potato skins stuffed with Cornish cheddar and yummy veggies, served on the salad bar with a range of salads

V

Thursday

1

Chicken Curry

Local Free-Range Chicken in a mild curry sauce served with natural yogurt, brown basmati apricot rice and seasonal veggies

DF*

2

Chickpea Curry

Mild Chickpea curry served with natural yogurt, brown basmati apricot rice and seasonal veggies

V DF* V*

3

Tomato and Sesame Soup

Tomato and Sesame Soup served on the salad bar with homemade flatbreads and a range of salads

V DF V

Friday

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

Vegetarian Shepherd's Pie

Vegetable and Lentil Shepherd's Pie topped with fluffy mashed potato served with seasonal veggies

V DF V

3

Pasta Salad

Roasted tomato, butterbeans and sweetcorn with organic white fusilli served on the salad bar with a range of salads

V DF 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.