



Marlborough Lunch Menu

Monday 16th – Friday 20th April 2018

Monday Meat Free	1	Baked Potatoes Baked sweet or white potatoes served with organic baked beans, Cornish cheddar cheese, hard boiled eggs and raw veg sticks	V DF* <u>V*</u>
	2	Tomato and Sesame Soup Rich and smooth tomato and tahini soup served with homemade bread, hard boiled eggs and raw veg sticks	V DF <u>V</u>
Tuesday	1	Tuna and Olive Pasta Bake Tuna and green olives in a creamy white sauce baked with organic whole wheat penne pasta, topped with Cornish cheddar and served with seasonal veggies	
	2	Creamy Coconut Daal Creamy coconut and red lentil daal served with homemade spinach flatbreads, hard boiled eggs and raw veg sticks	V DF <u>V</u>
Wednesday	1	Pork Sausages Primrose Herd pork chipolata sausages cooked on a bed of shredded cabbage, served with whole-wheat seeded cous cous, onion gravy and seasonal veggies	DF*
	2	Veggie Sausages Vegetarian sausages served with whole-wheat seeded cous cous, onion gravy and seasonal veggies	V DF <u>V</u>
	3	Roasted Beetroot and Cornish Brie Tart Roasted beetroot from gardening club layered with Cornish Brie, baked in homemade flaky pastry and served with homemade chutney and a range of salads	V
Thursday	1	Beef Curry Local beef slow cooked in a mild curry sauce, served with organic brown basmati rice, homemade tomato chutney and seasonal veggies	DF
	2	Chickpea Curry Mild chickpea, tomato and coconut curry served with organic brown basmati rice, homemade chutney and seasonal veggies	V DF <u>V</u>
	3	Hummus Open Sandwich Creamy homemade hummus served with our homemade bread and 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	Minestrone Soup Chunky tomato, pasta and vegetable soup served with homemade bread and a range of salads	V DF <u>V</u>

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.