

Marlborough Lunch Menu



Monday 3rd - Friday 7th July 2017

Monday Meat Free	1	Baked Potatoes Baked Potato served with organic baked beans, Cornish cheddar and a chopped mixed salad	V DF* <u>V*</u>
	2	Herby Cheddar Scones Cornish cheddar and fresh herb scones, served on the salad bar with boiled free-range eggs, onion marmalade a range of salads	V
Tuesday Meat Free	1	Mexican Style Eggs (Huevos Rancheros) Free-Range Eggs baked in a mild tomato salsa served with organic wholegrain rice, black beans and guacamole	V
	2	Mexican Style Polenta Polenta triangles cooked in a tomato salsa served with organic wholegrain rice, black beans and guacamole	V DF <u>V</u>
	3	Cornish Brie and Beetroot Tart Cornish Brie and roasted beetroot baked in homemade flaky pastry, served on the salad bar with homemade tomato relish and a range of salads	V
Wednesday	1	Pasta with Pork Ragu Organic fusilli pasta served with slow cooked pork and tomato sauce with cheddar cheese and seasonal veggies	DF*
	2	Pasta with Lentil Ragu Organic fusilli pasta served with a red lentil and tomato sauce with cheddar cheese and seasonal veggies	V DF* <u>V*</u>
	3	Spanish Omelette Baked omelette with potato served warm on the salad bar with homemade sweet chilli sauce and a range of salads	V
Thursday	1	Herb Crusted Hake Baked herb crusted hake served with roasted Cornish new potatoes and crispy kale	DF
	2	Baked Sweet Potato Baked sweet potato served on the salad bar with homemade hummus and a range of salads	V DF <u>V</u>
Friday	1	Ham and Mushroom Lasagne Local baked ham in a creamy mushroom sauce layered with organic white lasagne, topped with Cornish cheddar and served with seasonal veg	
	2	Carrot and Ginger Soup Smooth carrot and ginger soup served on the salad bar with homemade half and half soda bread, Cornish butter, and veg sticks	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.