

# Marlborough Lunch Menu



Monday 6<sup>th</sup> March – Friday 10<sup>th</sup> March 2017

<b>Monday</b> <b>Meat Free</b>	<b>1</b>	<b>Jacket Potatoes</b> Served hot with fresh homemade coleslaw, organic baked beans, seasonal veg and 'help yourself' Cornish cheddar and butter	<b>V DF V*</b>
	<b>2</b>	<b>Pea risotto and butternut fritters</b> Tasty risotto with cheesy squash fritters, with seasonal veg or homemade coleslaw and organic baked beans.	<b>V DF* V*</b>
<b>Tuesday</b>	<b>1</b>	<b>Ham and chicken soup</b> A light chowder, made from Cornish ham and Cornish free-range chicken, served with Stones bread and raw veggie sticks to dunk.	
	<b>2</b>	<b>Spaghetti with chickpeas</b> Organic spaghetti served with a tomato and chickpea sauce, cheddar cheese and seasonal veggies.	<b>V DF V</b>
<b>Wednesday</b>	<b>1</b>	<b>Pasta Bolognese</b> Fusilli pasta, served with organic Cornish beef bolognese sauce, handmade flatbreads, parmesan cheese and seasonal veggies.	<b>DF</b>
	<b>2</b>	<b>Spinach, potato and paneer curry</b> Mild veggie curry, served with organic brown basmati rice, handmade flatbreads, pickled chillies and seasonal veggies	<b>V DF* V*</b>
<b>Thursday</b>	<b>1</b>	<b>Tuna Empanadas</b> Little pastry parcels (like pasties!) filled with tuna, boiled egg, tomato and olives, served with herby couscous, sweet potato wedges and seasonal veggies	<b>DF* V*</b>
	<b>2</b>	<b>Leek and potato soup</b> Creamy local leek and potato chunky soup, served with Stones baguette and raw veggie sticks to dunk and toasted seeds.	<b>V DF*</b>
<b>Friday</b>	<b>1</b>	<b>Sausages with lentils</b> Chipolata sausages cooked on top of green lentils, served with creamy mash, homemade gravy and seasonal veg.	<b>DF V*</b>
	<b>2</b>	<b>Quiche salad bar</b> Herby broccoli quiche, served on the buffet bar with a range of seasonal salads and bread.	<b>V</b>

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.

<b>V/V*</b>	Vegetarian (including no fish) or can be made veggie on request if starred
<b>DF/DF*</b>	Dairy free (including no eggs) or can be made dairy free on request if starred
<b>VI/V*</b>	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.