

Marlborough Lunch Menu



Monday 20th February – Friday 24th February 2017

Monday Meat Free	1	Jacket Potatoes Served hot with fresh seasonal coleslaw, organic baked beans, seasonal veg and 'help yourself' Cornish cheddar and butter	V DF <u>V*</u>
	2	Tomato and sesame Soup Smooth tomato, miso and tahini soup with raw veggie sticks and pitta breads to dunk	V DF <u>V</u>
Tuesday	1	Lamb kofta 'pops Mildly spiced lamb and apricot kofta kebabs on sticks, served with pitta breads, yoghurt sauce, pomegranate and seasonal veggies	DF
	2	Macaroni cheese Cornish kale and organic pasta baked in béchamel sauce, topped with cheese, served with seasonal veggies.	V <u>V*</u>
Wednesday	1	Prawn and chorizo pasta Organic pasta with a tomato, chorizo, prawn and Cornish white fish sauce, served with seasonal veggies. Can do without chorizo for our pescatarians – just let the office or your teacher know.	DF
	2	Savoury scones and boiled eggs Chive scones, with cheese, boiled eggs, chutney and a mixed salad bar buffet.	V <u>V*vegan salad bar</u>
Thursday	1	Beef roast dinner Slow roast beef brisket, with roast potatoes, homemade beef gravy, seasonal veggies and Yorkshire puddings.	DF
	2	Veggie roast dinner Our yummy bean burgers, roast potatoes, homemade onion gravy, seasonal veggies and Yorkshire puddings.	V DF <u>V</u>
	3	Carrot and lentil soup Chunky local carrot and red lentil soup, with Stones bread and raw veggie sticks to dunk.	V DF <u>V</u>
Friday	1	Sausages and couscous Etherington's chipolata sausages, with roast vegetable couscous, tzatziki cucumber dip and roast cherry tomatoes	DF <u>V*</u>
	2	Homity pies Little cheese and potato flaky pastry pies with roast vegetable couscous, tzatziki cucumber dip and roast cherry tomatoes.	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*

DF/DF*

V/ V*

Vegetarian (including no fish) or can be made veggie on request if starred

Dairy free (including no eggs) or can be made dairy free on request if starred

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.