



Marlborough Lunch Menu

Monday 1st – Friday 5th October 2018

Monday Meat Free	1	Jacket potato Choice of white or sweet, served with organic baked beans and/or Davidstow cheddar. Also served with veggie sticks, homemade coleslaw and hard boiled eggs.	V <u>V</u>
	2	Herby cheese scones Served on the salad bar with veggie sticks, homemade coleslaw and hard boiled eggs.	V
Tuesday	1	Sausages and mash with onion gravy Served with buttery beetroot and other seasonal veggies.	
	2	Veggie sausages and mash with onion gravy Served with buttery beetroot and other seasonal veggies.	V <u>V</u>
	3	Egg mayo sandwiches on Stones maltstar bread Served on the salad bar with veggie sticks and salads.	V
Wednesday	1	Smoked salmon and pea pasta Wholemeal penne pasta served with seasonal veggies and optional Davidstow cheddar.	
	2	Pasta with roasted tomato sauce Wholemeal penne pasta served with seasonal veggies and optional Davidstow cheddar.	<u>V</u> V
	3	Carrot and red lentil soup Served with homemade focaccia bread and veggie sticks on the salad bar.	<u>V</u> V
Thursday	1	Beef chilli with organic brown rice Served with yoghurt, tortilla chips and seasonal veggies.	
	2	Chocolate bean chilli with organic brown rice Served with yoghurt, tortilla chips and seasonal veggies.	<u>V</u> V
	3	Tomato and sesame soup Served with homemade bread rolls and veg sticks on the salad bar.	<u>V</u> V
Friday Apple Day	1	Turkey and courgette burgers Served in a Stones brioche bun with herb and seed cous cous and roasted Autumn veggies.	
	2	Bean burgers Served in a Stones brioche bun with herb and seed cous cous and roasted Autumn veggies.	V <u>V</u>
	3	Leek and potato soup Served with homemade soda bread and veg sticks on the salad bar.	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.