

Marlborough Lunch Menu



Thursday 7th - Friday 8th September 2017

Thursday Meat Free

1

Baked Potatoes

Baked sweet or white potatoes served with organic baked beans, Cornish cheddar cheese and raw veg sticks

V DF* V*

2

Smoked Mackerel Pate

Creamy smoked mackerel pate served on homemade soda bread on the salad bar with raw veg sticks

Friday

1

Tuna Pasta Bake

Tuna and sweetcorn in a creamy white sauce, baked with organic whole-wheat penne pasta, topped with Cornish cheddar and served with seasonal veggies

DF*

2

Creamy Coconut Daal

Creamy Coconut Daal served on the salad bar with wholemeal pitta bread and a range of salads

V DF 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.