



Marlborough Lunch Menu

Monday 30th April – Friday 4th May 2018

Monday Meat Free

- 1 **Macaroni Cheese** V
Organic white macaroni baked in a creamy cheese sauce with cauliflower and spring greens, topped with Cornish cheddar and crispy crumbs, and served with seasonal vegetables
- 2 **Pea and Onion Soup** V DF V
Smooth and mild soup of organic split green peas blended with spring onions, served with homemade spinach flatbreads and a range of salads

Tuesday

- 1 **Sausage Roll** DF*
Primrose herd sausage meat with apricots and spinach wrapped in homemade flaky pastry served with whole-wheat seeded cous cous, a lightly spiced tomato sauce and seasonal veggies
- 2 **Vegetarian Sausage Roll** V DF* V*
Vegan sausage mix with apricots and spinach wrapped in homemade flaky pastry, served with whole-wheat seeded cous cous, a lightly spiced tomato sauce and seasonal veggies
- 3 **Tomato and Sesame Soup** V DF V
Rich and smooth tomato and tahini soup served with homemade bread, hard boiled eggs and raw veg sticks

Wednesday

- 1 **Lamb Curry** DF
Local, organic lamb cooked in a mild curry sauce, served with organic brown basmati rice, homemade tomato chutney and seasonal veggies
- 2 **Chickpea Curry** V DF V
Mild chickpea, tomato and coconut curry served with organic brown basmati rice, homemade chutney and seasonal veggies
- 3 **Egg Sandwich** V
Cornish free-range egg, mayonnaise and cress served on our homemade bread with a range of salads

Thursday

- 1 **Creamy Fish Pie**
Local white fish and salmon in a creamy white sauce with boiled eggs, topped with mashed potato, and served with seasonal veggies
- 2 **Creamy Coconut Daal** V DF V
Creamy coconut and red lentil daal served with homemade spinach flatbreads and a range of salads

Friday

- 1 **Chicken Nuggets** DF
Baked Cornish free-range chicken and apple balls coated in crumbs, served with crispy potato wedges and seasonal veg.
- 2 **Veggie Nuggets** V DF V
Mini vegetarian patties coated in crispy crumbs served with crispy potato wedges and seasonal veg.
- 3 **Herby Cheddar Scones** V
Cornish cheddar and fresh herb scones, served with homemade chutney, extra cheddar and a range of salads

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.