



# Marlborough Lunch Menu

**Monday 21<sup>st</sup> May – Friday 25<sup>th</sup> May 2018**

<b>Monday</b>	<b>1</b>	<b>Baked Potatoes</b> Baked sweet or white potatoes served with organic baked beans, Cornish cheddar cheese, hard boiled eggs and raw veg sticks	<b>V DF* <u>V*</u></b>
	<b>2</b>	<b>Creamy Broccoli Soup</b> Smooth and creamy broccoli and Cornish cheddar soup served with homemade bread and a range of salads	<b>V</b>
<b>Tuesday</b>	<b>1</b>	<b>Chicken Roast Dinner</b> Roast free-range Cornish chicken, with roast potatoes, fresh chicken gravy, and seasonal veggies	<b>DF</b>
	<b>2</b>	<b>Vegan Roast Dinner</b> Homemade vegetarian patty served with roast potatoes, onion gravy, and seasonal veggies	<b>V DF <u>V</u></b>
	<b>3</b>	<b>Smoked Mackerel Pate</b> Creamy smoked mackerel pate served with organic, wholemeal pitta breads and a range of salads	
<b>Wednesday</b>	<b>1</b>	<b>Fish Cakes</b> Homemade Asian style fishcakes served with a lightly spiced tomato sauce, organic whole wheat seeded cous cous, and seasonal veggies	<b>DF*</b>
	<b>2</b>	<b>Minestrone Soup</b> Chunky tomato, pasta and vegetable soup served with organic, wholemeal pitta breads and a range of salads	<b>V DF <u>V</u></b>
<b>Thursday</b>	<b>1</b>	<b>Spaghetti Carbonara</b> Local bacon and peas in a creamy, cheesy sauce with organic wholewheat spaghetti and seasonal veg.	
	<b>2</b>	<b>Creamy Coconut Daal</b> Creamy coconut and red lentil daal served with organic wholemeal pitta breads and a range of salads	<b>V DF <u>V</u></b>
<b>Friday</b>	<b>1</b>	<b>Lamb Curry</b> Local, organic lamb cooked in a mild curry sauce, served with organic brown basmati rice and seasonal veggies	<b>DF</b>
	<b>2</b>	<b>Vegetable Curry</b> Mild veggie, tomato and coconut curry served with organic brown basmati rice and seasonal veggies	<b>V DF <u>V</u></b>
	<b>3</b>	<b>Egg Sandwich</b> Cornish free-range egg, mayonnaise and cress served on homemade soda bread with a range of salads	<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.

**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.