



Marlborough Lunch Menu

Monday 24th – Friday 28th September 2018

Monday Meat Free	1	Pizza Homemade Margherita pizza served with raw veg sticks, homemade coleslaw and hard boiled eggs	V <u>V*</u>
	2	Minestrone Soup Served on the salad bar with Stones baguette, veg sticks, homemade coleslaw and hard boiled eggs	V
Tuesday	1	Wholewheat spaghetti and pork meatballs Served with seasonal veggies	
	2	Creamy rosemary and butternut squash spaghetti Served with seasonal veggies	V
	3	Sweet potato and Autumn squash soup Served with homemade bread rolls	<u>V</u>
Wednesday	1	Hunters chicken tray bake Made with Cornish free range chicken. Served with wholegrain rice and seasonal veggies.	
	2	Chow mein veggie noodles with tofu Served with wholegrain rice and seasonal veggies.	<u>V</u>
	3	Oatcakes and Cornish yarg Served with veg sticks and salads on the salad bar.	V
Thursday	1	Beef lasagne Served with garlic bread and seasonal veggies	
	2	Roasted Autumn vegetable lasagne Served with garlic bread and seasonal veggies	V
	3	Hummus and breadsticks Served with veg sticks and salads on the salad bar.	<u>V</u>
Friday	1	Fish fingers and wedges Homemade Cornish fish fingers (choice of white fish or mackerel) served with potato wedges and seasonal veggies.	
	2	Sweetcorn and red pepper pancakes Served with potato wedges and seasonal veggies.	V
	3	Coconut daal with homemade spinach flatbreads Served with veg sticks and salads on the salad bar.	<u>V</u>

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.