

Marlborough Lunch Menu



Monday 4th June – Friday 8th June 2018

Monday Meat Free	1	Pizza Fresh Margherita pizza, fresh coleslaw and seasonal veggies to accompany.	V DF* V*
	2	Butternut, coconut and ginger soup Smooth butternut soup with pitta breads and veggie sticks to dunk.	V DF V
Tuesday	1	Roast Beef Rolls Stones' buns filled with sliced roast beef brisket and swiss cheese with optional mustard and pickles and salads.	DF*
	2	Veggie Curry Mild potato, chickpea and spring veg curry with brown rice and natural yoghurt.	V DF V
Wednesday	1	Spaghetti Carbonara Organic spaghetti with Primrose Herd bacon, wild garlic and peas in a cream sauce and optional parmesan cheese.	DF* V*
	2	Brie and Asparagus Tart Cornish Brie and Asparagus flaky pastry tart with salads on the buffet bar	V
Thursday	1	Lamb kofta kebabs Lamb and apricot kebabs on sticks with sweet pomegranate drizzle, herby whole wheat couscous or baked sweet potato, yoghurt and seasonal veggies	DF*
	2	Bean chilli Delicious and rich, mildly spiced bean chilli, served with herby whole wheat couscous or baked sweet potato, yoghurt and seasonal veggies	V DF V
Friday	1	Pasta with Cornish fish in tomato sauce Organic farfalle pasta served with Cornish white fish in tomato sauce with optional green olives and seasonal veg.	DF
	2	Pasta with tomato and spinach Organic farfalle pasta served with spinach in herby tomato sauce with optional green olives, cheese and seasonal veg.	V DF V
	3	Falafel scotch eggs Stones' bread, hummus and scotch eggs on the salad bar with a mix of other fresh seasonal items.	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
VI/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.