



Marlborough Lunch Menu

Monday 2nd to Friday 6th October 2017

Monday
Meat Free

1

Moroccan Veggie Tagine

Mildly spiced butternut squash and organic apricots with a selection of other veg, slow cooked and served with organic whole-wheat seeded couscous and seasonal veg

V DF V

2

Creamy Cauliflower and Cornish Cheddar Soup

Creamy cauliflower and Cornish cheddar soup served on the salad bar with homemade soda bread and a range of salads

V

Tuesday

1

Sausage Roll

Primrose herd sausage meat with apricots and spinach wrapped in homemade flaky pastry served with potato wedges, baked beans and seasonal veggies

2

Vegetarian Sausage Roll

Vegan sausage mix with apricots and spinach wrapped in homemade flaky pastry or a tortilla wrap, served with potato wedges, baked beans and seasonal veggies

V DF* V*

3

Egg and Cress Open Sandwich

Free range egg, mayonnaise and cress on homemade bread served on the salad bar with a range of salads

V

Wednesday

1

Spaghetti Bolognese

Local, organic beef in a tomato sauce served with organic whole-wheat spaghetti and Cornish cheddar, and raw veg sticks

DF*

2

Spaghetti Lentil Bolognese

Red lentil and vegetable Bolognese sauce served with organic whole-wheat spaghetti and Cornish cheddar, and raw veg sticks

V DF* V*

3

Smoked Mackerel Pate

Creamy smoked mackerel pate served on homemade soda bread on the salad bar with a range of salads

Thursday

1

Herb Crusted Salmon

Baked herb crusted salmon served with roasted Cornish potatoes and seasonal veggies

DF

2

Leek and Potato Soup

Leek and potato soup served on the salad bar with homemade half and half bread and a range of salads

V DF* V*

Friday
Meat Free

1

Macaroni Cheese

Organic pasta baked with a creamy cheese sauce, topped with Cornish cheddar and served with seasonal veggies

V

2

Carrot and Red Lentil Soup

Mildly spiced smooth carrot and red lentil soup served with homemade half and half 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.