

Marlborough Lunch Menu



Monday 6th – Friday 10th February 2017

Monday Meat Free	1	Pizza Fresh Margherita or 'special of the day' pizza, with boiled free range eggs, fresh coleslaw and seasonal veggies to accompany.	V DF* V*
	2	Butternut Squash soup Chunky mildly spicy butternut, herb and split pea soup, with Stones bread with pitta breads and raw veggie sticks to dunk	V DF V
Tuesday Chinese Dragon Day Feast	1	Crispy Chinese duck wraps Warm tortilla wraps with roast shredded Cornish duck, cucumber, and optional homemade plum sauce. Served with egg fried rice and stir fried veggies	DF* V*
	2	Egg fried Rice Free range Cornish egg fried organic brown rice with spring onion and peas, tortilla wraps, cucumber and stir fried veggies	V
Wednesday	1	Lemon and herb crumbed hake Like our salmon dish, but Cornish hake instead, with potato wedges, seasonal veggies and optional homemade tartare sauce	DF
	2	Aubergine spaghetti Organic spaghetti, with creamy aubergine in tomato sauce, cheddar cheese and seasonal veggies	V DF V
Thursday	1	Calabrian lasagne A new one – minced Cornish beef, sliced Cornish ham, mozzarella, tomato and boiled egg lasagne with garden peas	DF*
	2	Falafel pittas with salads Our homemade chickpea falafels served with pittas, hummus and a range of salads on the buffet bar	V DF* V*
Friday	1	Chicken curry Cornish Chicken Co. free range chicken in tomato and coconut mild curry sauce with organic brown rice and spinach flatbreads.	DF
	2	Veggie curry Mild chickpea ,lentil, coconut and tomato coconut curry with organic brown rice, seasonal veggies and spinach flatbreads	V DF V
	3	Creamy leek and bean soup Smooth leek, garlic and cannellini bean soup with Stones bread and raw veggie sticks to dunk	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.