

Marlborough Lunch Menu



Tuesday 18th - Friday 21st April 2017

Tuesday Meat Free	1	Jacket Potatoes Served hot with fresh homemade coleslaw, organic baked beans, seasonal veg and 'help yourself' Cornish cheddar and butter	V DF*
	2	Tomato and sesame soup Smooth and rich tomato and tahini soup, served with Stones bread and raw veg sticks to dunk.	V DF V
Wednesday	1	Slow cooked lamb with ratatouille Overnight roast shoulder of lamb, shredded with seeded couscous and fresh ratatouille (vegetables in tomato sauce).	DF
	2	Falafels with ratatouille Handmade baked chickpea falafels with seeded couscous and fresh ratatouille (vegetables in tomato sauce).	V DF* V*
	3	Smoked salmon and cucumber sandwiches Scottish smoked salmon, cream cheese and cucumber sandwiches on Stones tin loaf with a salad bar mix	DF*
Thursday	1	Beef chilli and rice Slow cooked organic beef and bean mild chilli, with brown basmati rice, seasonal veg, natural yoghurt and optional pickled chillies.	DF
	2	Bean and pepper enchiladas Tortilla wraps, stuffed and baked with fajita spiced veggies, beans and cheese, covered in béchamel sauce, served with seasonal veggies, optional brown basmati rice and pickled chillies	V DF* V* <u>burritos</u>
	3	Creamy nettle soup Fresh and smooth springtime foraged nettle soup, with served with Stones bread and raw veg sticks to dunk.	V DF* V*
Friday	1	Sausage pasta bake Etherington's chipolata sausage, tomato and seasonal veg pasta bake served hot with raw veggie sticks	DF*
	2	Veggie sausage pasta bake Linda McCartney vegan sausage, tomato and seasonal veg pasta bake served hot with raw veggie sticks	V DF* V*
	3	Carrot and wild garlic pesto frittata Roast carrot and foraged wild garlic baked omelette served warm on the salad bar with a mix of fresh veggies, hummus and Stones bread.	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.