



# Marlborough Lunch Menu

Monday 25<sup>th</sup> - Friday 29<sup>th</sup> September 2017

<b>Monday</b> <b>Meat Free</b>	<b>1</b>	<b>Cheesy Pasta Bake</b> Cheesy beans and vegetables baked with organic fusilli pasta, topped with Cornish cheddar and served with seasonal veg	<b>V DF* <u>V*</u></b>
	<b>2</b>	<b>Roasted Beetroot and Cornish Brie Tart</b> Roasted beetroot from gardening club layered with Cornish Brie, baked in homemade flaky pastry and served with homemade chutney and a range of salads	<b>V</b>
<b>Tuesday</b>	<b>1</b>	<b>Tuna and Olive Fishcakes</b> Tuna, olives and potato coated in crispy crumbs, served with a lightly spiced tomato sauce, organic whole wheat seeded couscous, and seasonal veggies	<b>DF*</b>
	<b>2</b>	<b>Carrot and Red Lentil Soup</b> Mildly spiced smooth carrot and red lentil soup served with homemade half and half bread and a range of salads	<b>V DF* <u>V*</u></b>
<b>Wednesday</b>	<b>1</b>	<b>Pizza</b> Homemade Margherita pizza or Hawaiian (local ham and pineapple) pizza served with raw veg sticks	<b>V DF* <u>V*</u></b>
	<b>2</b>	<b>Tomato and Sesame Soup</b> Tomato and Sesame Soup served on the salad bar with homemade half and half bread and raw veg sticks	<b>V DF <u>V</u></b>
<b>Thursday</b>	<b>1</b>	<b>Sausage and Bean Cobbler</b> Primrose Herd sausages and bean casserole topped with a dumpling/scone served with organic wholegrain rice, and seasonal veggies	<b>DF*</b>
	<b>2</b>	<b>Vegetable and Bean Casserole</b> Lots of yummy veggies and beans cooked in a tomato sauce served with organic wholegrain rice, and seasonal veggies	<b>V DF <u>V</u></b>
	<b>3</b>	<b>Herby Cheddar Scones</b> Cornish cheddar and fresh herb scones, served on the salad bar with onion marmalade a range of salads.	<b>V</b>
<b>Friday</b> <b>Apple Day</b>	<b>1</b>	<b>Chicken Roast Dinner</b> Roast free-range Cornish chicken, with roast potatoes, fresh chicken gravy, crispy chicken skin and seasonal veggies	<b>DF</b>
	<b>2</b>	<b>Vegan Roast Dinner</b> Linda McCartney veggie sausages with roast potatoes, onion gravy and seasonal veggies	<b>V DF <u>V</u></b>
	<b>3</b>	<b>Hummus Open Sandwich</b> Homemade hummus on homemade half and half bread, served with a range of salads	<b>V DF <u>V</u></b>

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.