

Marlborough Lunch Menu



Tuesday 3rd January – Friday 6th January 2017

Tuesday Meat Free	1	Jacket potatoes Served hot with fresh seasonal coleslaw, organic baked beans, seasonal veg and 'help yourself' Cornish cheddar and butter	V DF V
	2	Minestrone soup A tomato based chunky vegetable pasta soup served with Stones bread and raw veggie sticks for dunking	V DF V
Wednesday	1	Pasta with meatballs Organic beef meatballs, served with organic pasta in our slow cooked tomato sauce. Cheddar and Stones baguette on tables to accompany.	DF*
	2	Falafel scotch eggs Our homemade veggie scotch eggs served with a range of salads on the buffet bar. Cheddar and Stones baguette on tables to accompany.	V DF* V*
Thursday	1	Hake, leek and potato bake Cornish hake baked with leeks, potatoes and béchamel sauce, served with seasonal veggies and the optional extra of organic brown basmati rice. Green olives on tables to go with it.	
	2	Bean chilli A mild but tasty mixed bean and grain chilli served hot with organic brown basmati rice, natural Cornish yoghurt and seasonal veggies. Green olives on tables to go with it.	V DF V
Friday	1	Chicken roast dinner Cornish free range chicken with roast potatoes, cauliflower cheese, seasonal veggies and fresh chicken gravy	DF*
	2	Veggie roast dinner Fry's veggie sausages with roast potatoes, cauliflower cheese, seasonal veggies and fresh onion gravy	V DF* V
	3	Root vegetable soup A smooth winter vegetable soup served with Stones bread and raw veggie sticks for dunking	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.