



# Marlborough Lunch Menu

**Monday 19<sup>th</sup> – Friday 23<sup>rd</sup> March 2018**

<b>Monday</b> <b>Meat Free</b>	<b>1</b>	<b>Pizza</b> Homemade Margherita pizza or sundried tomato, olive and red pepper pizza served with hard boiled eggs and raw veg sticks	<b>V DF* <u>V*</u></b>
	<b>2</b>	<b>Creamy Coconut Daal</b> Creamy coconut and red lentil daal served with homemade spinach flatbreads, hard boiled eggs and raw veg sticks	<b>V DF <u>V</u></b>
<b>Tuesday</b>	<b>1</b>	<b>Smoked Salmon and Pea Creamy Pasta</b> Organic whole-wheat penne pasta with smoked salmon, peas and herbs in béchamel sauce, served with seasonal veg.	
	<b>2</b>	<b>Spinach and Pea Pasta Salad</b> Wilted spinach and peas with whole-wheat penne pasta and spinach pesto served on the salad bar with a range of salads	<b>V DF <u>V</u></b>
<b>Wednesday</b>	<b>1</b>	<b>Turkey Burgers</b> Homemade turkey and spinach burgers served in Stones brioche buns with seasonal veggies	<b>DF*</b>
	<b>2</b>	<b>Veggie Burgers</b> Vegetarian sausage patty coated in crispy crumbs and served in Stones brioche buns with seasonal veggies	<b>V DF <u>V</u></b>
	<b>3</b>	<b>Egg and Cress Open Sandwich</b> Free range egg, mayonnaise and cress on homemade bread served on the salad bar with a range of salads	<b>V</b>
<b>Thursday</b>	<b>1</b>	<b>Chicken Curry</b> Local free-range chicken breast cooked in a mild curry sauce, served with organic brown basmati rice, homemade tomato chutney and seasonal veggies	<b>DF</b>
	<b>2</b>	<b>Chickpea Curry</b> Mild chickpea, tomato and coconut curry served with organic brown basmati rice, homemade chutney and seasonal veggies	<b>V DF <u>V</u></b>
	<b>3</b>	<b>Savoury Flapjacks</b> Cornish cheddar, carrot and vegetable savoury flapjacks served with a range of salads	<b>V</b>
<b>Friday</b>	<b>1</b>	<b>Beef Chilli</b> Slow cooked, mild organic beef and bean chilli served with crispy potato wedges and seasonal veg.	<b>DF</b>
	<b>2</b>	<b>Bean Chilli</b> Slow cooked, mixed bean chilli served with crispy potato wedges and seasonal veg.	<b>V DF <u>V</u></b>
	<b>3</b>	<b>Minestrone Soup</b> Chunky tomato, pasta and vegetable soup served with homemade bread and 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.