

Marlborough Lunch Menu



Monday 19th – Friday 23rd June 2017

Monday Meat Free	1	Baked Potatoes Baked sweet or white potatoes served with organic baked beans, Cornish cheddar cheese and fresh coleslaw.	V DF* V*
	2	Herby Cheddar Scones Cornish cheddar and fresh herb scones, served on the salad bar with onion marmalade a range of salads.	V
Tuesday	1	Tuna Pasta Bake Creamy tuna and sweetcorn pasta bake served with seasonal veggies	
	2	Spaghetti Lentil Bolognese Spaghetti in a vegetable and lentil Bolognese sauce served with Cornish cheddar and seasonal veggies	V DF* V*
Wednesday	1	Sausages and Dauphinoise Potatoes Primrose Herd chipolata sausages cooked on a bed of shredded cabbage, served with creamy dauphinoise potatoes and seasonal veggies	DF*
	2	Carrot and Ginger Soup Smooth carrot and ginger soup served on the salad bar with Stones Bread and veg sticks	V DF V
Thursday	1	Egg Fried Rice with Veggie Stir Fry Free Range egg fried rice with stir fried vegetables and sweet chilli sauce	V
	2	Hummus Open Sandwich Homemade hummus with roasted vegetables on Stones bread served on the salad bar with a range of salads	V DF V
Friday	1	Creamy Chicken and Ham Pie Cornish Free-Range Chicken and Local Ham Puff Pastry Pie served with seasonal veggies	
	2	Butternut Squash and Pea Risotto Roasted butternut squash and pea risotto served with seasonal veggies and a sprinkle of cheese	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.