



Marlborough Lunch Menu

Monday 21st – Friday 25th January 2019

Monday

- 1 **Macaroni Cheese with Kale and Cauliflower** V
Made with wholewheat penne pasta and Cornish Davidstow cheddar, served with roasted tomatoes and sweetcorn.
- 2 **Pasta with Roasted Tomato Sauce** V V
Wholewheat penne pasta served with sweetcorn and optional grated Davidstow cheddar.
- 3 **Smoked Salmon and Cream Cheese Open Sandwiches**
Made with Stones bread, served on the salad bar with salad and raw veggie sticks.

Tuesday

- 1 **Sausages and Potato Wedges**
Served with buttery beetroot and spring greens.
- 2 **Veggie Sausages and Potato Wedges** V V
Served with buttery beetroot and spring greens.
- 3 **Hummus and Homemade Breadsticks** V
Served on the salad bar with raw veggie sticks.

Wednesday

- 1 **Pasta Bolognese**
Made with wholewheat penne pasta and served with optional grated Davidstow cheddar and seasonal veggies.
- 2 **Pasta with Lentil Bolognese** V V
Made with wholewheat penne pasta, served with optional grated Davidstow cheddar and seasonal veggies.
- 3 **Cauliflower Cheese Soup** V
Served on the salad bar with Stones bread and raw veggie sticks.

Thursday

- 1 **Fishcakes, Tomato Sauce and Rice**
Made with Cornish fish, served with wholegrain rice, optional spicy tomato sauce and seasonal veggies.
- 2 **Lentil Chilladas, Tomato Sauce and Rice** V
Little mildly spiced lentil patties, served with wholegrain rice, seasonal veggies and optional spicy tomato sauce.
- 3 **Tomato and Sesame Soup** V
Served with Stones bread and raw veggie sticks on the salad bread.

Friday

Meat Free

- 1 **Jacket Potatoes** V
Choice of white or sweet, served with organic baked beans, homemade coleslaw and optional grated Davidstow cheddar.
- 2 **Veggie Chickpea Curry and Rice** V
Mildly spiced veggie chickpea curry, served with wholegrain rice, seasonal veggies, optional natural yoghurt and pickled chillis.
- 3 **Curried Lentil, Tomato and Coconut Soup** V V
Served on the salad bar with Stones bread and veggie sticks.

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.