

Marlborough Lunch Menu



Monday 16th – 20th July 2018

Monday	1	Homity Pies Homemade flaky pastry cups filled with cheesy potato filling, served with seasonal veg and organic tomato ketchup.	V
	2	Tomato and sesame soup A smooth and rich Marlborough favourite, served with Stones baguette, Cornish butter and veg sticks for dunking.	V DF V GF
Tuesday	1	Spaghetti Bolognese A mix of whole wheat and white organic spaghetti served with organic Nancarrow beef Bolognese, served with seasonal veggies and optional Davidstow cheddar.	DF* V*
	2	Spinach, pea and feta frittata Baked omelette filled with delicious vegetables, potatoes and cheese, served buffet style on the salad bar with a choice of salads.	V GF
Wednesday	1	BBQ Ribs Marinated and baked Primrose Herd meaty ribs, served with soft cornbread, organic baked beans and seasonal veg.	DF* GF
	2	Vegan shepherd's pie Lentil and sweet potato pie served with Stones baguette, organic baked beans and seasonal veg.	V DF V
Thursday	1	Beach Day Please bring a packed lunch today - if you would like the kitchen to make one for you, please order at office by Tuesday.	
Friday	1	Beef chilli Mildly spiced Nancarrow organic beef chilli, served with brown basmati rice, natural yoghurt and seasonal veggies.	DF GF
	2	Bean chilli Our yummy chocolate bean chilli, served with brown basmati rice, natural yoghurt and seasonal veggies.	V DF V GF
	3	Salmon and cream cheese open sandwich Stones bread, topped with smoked salmon, cream cheese and cucumber, along with salad options on the buffet bar.	

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
VI/V*	Naturally vegan or can be made vegan on request if starred
GF	Naturally made with gluten free ingredients

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.