

Marlborough Lunch Menu



Monday 9th – 13th July 2018

Monday Meat Free	1	Pesto Pasta Wholemeal penne pasta served with fresh homemade pesto made from basil, parmesan, pine nuts and lemon with Cornish cherry tomatoes and roast courgette.	V <u>V*</u> DF*
	2	Sag Paneer curry A mild spinach and Indian soft cheese (like halloumi) curry, served with organic brown rice, fresh mango and natural yoghurt.	V DF* <u>V*</u>
Tuesday	1	Turkey meatballs Turkey and leek meatballs in tomato sauce served with organic brown rice and seasonal vegetables.	DF*
	2	Carrot and hummus wraps Grated carrot and fresh hummus wholemeal wraps served with a range of salads on the salad bar.	V DF <u>V</u>
Wednesday	1	Hawaiian Pizza Our fresh pizzas, with tomato sauce, shredded ham hock, cheese, fresh pineapple and sweetcorn. Served with coleslaw and seasonal veggies.	DF*
	2	Margherita Pizza Our fresh pizzas, with homemade tomato sauce, with mozzarella and cheddar. Served with coleslaw and seasonal veggies.	V DF* <u>V*</u>
	3	Squash and red lentil soup Silky smooth butternut soup served with stones bread, toasted seeds and raw veg sticks for dunking.	V DF <u>V</u>
Thursday	1	Fish Pie Creamy Cornish fish pie with a flaky pastry top, served with mashed potato and seasonal veg.	
	2	Veggie tofu noodles Stir fried veg and tofu with whole wheat noodles in a soy, ginger and garlic sauce.	V DF <u>V</u>
Friday	1	Beef stew Cornish beef, slowed cooked in a rich sauce, roast local new potatoes and garlic from the allotment and seasonal veggies.	DF
	2	Falafel scotch eggs Boiled free range eggs wrapped in falafel mix, crumbed and baked, served with a range of salads on the buffet bar.	V <u>V*</u>

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.