



Marlborough Lunch Menu

Monday 23rd – Friday 27th April 2018

Monday Meat Free	1	Pizza Homemade Margherita pizza or sundried tomato, olive and red pepper pizza served with hard boiled eggs and seasonal veggies	V DF* <u>V*</u>
	2	Bean Chilli Slow cooked, mixed bean chilli with organic cocoa, served with homemade bread and a range of salads	V DF <u>V</u>
Tuesday	1	Chicken Roast Dinner Roast free-range Cornish chicken, with roast potatoes, fresh chicken gravy, and seasonal veggies	DF
	2	Vegan Roast Dinner Homemade vegetarian patty served with roast potatoes, onion gravy, and seasonal veggies	V DF <u>V</u>
	3	Leek and Potato Soup Smooth and creamy leek and potato soup served on the salad bar with homemade bread and a range of salads	
Wednesday	1	Pasta with Pork Ragu Organic whole-wheat fusilli pasta served with slow cooked pork and tomato sauce with cheddar cheese and raw veg sticks	DF*
	2	Pasta with Lentil Ragu Organic whole-wheat fusilli pasta served with a vegetable, lentil and tomato sauce with cheddar cheese and raw veg sticks	V DF* <u>V*</u>
	3	Smoked Mackerel Pate Creamy smoked mackerel pate served on homemade soda bread on the salad bar with a range of salads	
Thursday	1	Moussaka Local, organic lamb in a rich tomato sauce, layered with roasted aubergine, creamy white sauce, topped with Cornish cheddar, served with crispy potato wedges and seasonal veggies	
	2	Spinach and Pea Pasta Salad Wilted spinach and peas with whole-wheat penne pasta and spinach pesto served on the salad bar with a range of salads	V DF <u>V</u>
Friday	1	Fish Cakes Homemade Asian style fishcakes served with a lightly spiced tomato sauce, organic brown basmati rice, and seasonal veggies	DF*
	2	Carrot and Red Lentil Soup Mildly spiced smooth carrot and red lentil soup served with homemade half and half bread and a range of salads	V DF <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
<u>V/V*</u>	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.