



Marlborough Lunch Menu

Monday 7th – Friday 11th January 2019

Monday

CLOSURE DAY

Tuesday

Meat Free

1

Macaroni Cheese with Kale and Cauliflower

Made with wholewheat penne pasta and Cornish Davidstow cheddar, served with roasted tomatoes and sweetcorn.

V

2

Pasta with Roasted Tomato Sauce

Made with wholewheat penne pasta, served with roasted tomatoes and sweetcorn and optional Davidstow cheddar.

V V

3

Hummus and Homemade Breadsticks

Served on the salad bar with raw veggie sticks and salads.

V V

Wednesday

1

Beef Chilli

Mildly spicy, served with wholegrain rice, optional Davidstow cheddar and natural yogurt, tortilla chips and seasonal veggies.

2

Chocolate Veggie Bean Chilli

Mildly spicy, served with wholegrain rice, optional Davidstow cheddar, tortilla chips, natural yogurt and seasonal veggies.

V V

3

Tomato and Sesame Soup

Served with homemade bread rolls and raw veggie sticks on the salad bar.

V

Thursday

1

Jacket Potatoes

Choice of white or sweet, served with organic baked beans and optional grated Davidstow cheddar, homemade coleslaw and optional hard boiled eggs.

V V

2

Sweetcorn and Red Pepper Pancakes

Served with herby, seedy cous cous and seasonal veggies.

V

3

Smoked Mackerel Pate Open Sandwiches

Served with raw veggie sticks on the salad bar and homemade coleslaw.

Friday

1

Chicken and Leek Pie

Free range chicken and leeks in a creamy white sauce with a flaky pastry lid, served with potato wedges and seasonal veggies.

2

Roast Vegetable Pie

Carrots, squash and leeks in a creamy white sauce with a flaky pastry lid, served with potato wedges and seasonal veggies.

V

3

Squash, Carrot and Ginger Soup

Served with toasted pitta breads on the salad bar with raw veg sticks.

V 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.