



# Marlborough Lunch Menu

Monday 12<sup>th</sup> – Friday 16<sup>th</sup> November 2018

**Monday**  
**Meat Free**

- 1 Macaroni Cheese with Kale and Cauliflower** V  
Made with wholewheat penne and Cornish Davidstow cheddar, served with roasted tomatoes and sweetcorn.
- 2 Pasta with Roasted Tomato Sauce** V V  
Served with sweetcorn and optional Davidstow cheddar.
- 3 Oatcakes and Cornish Cheeses** V  
Choice of Davidstow cheddar, Yarg and Cornish brie served with chutney and salads on the salad bar.

**Tuesday**

- 1 Chicken and Leek Pie**  
Free range chicken, peas and leeks with a flaky pastry lid, served with seasonal veggies.
- 2 Autumn Vegetable Pie** V  
Carrots, squash, leeks and peas in a creamy white sauce with a flaky pastry lid, served with seasonal veggies.
- 3 Coconut Daal** V V  
Mildly spiced lentil daal served on the salad bar with homemade spinach flatbreads and raw veggie sticks.

**Wednesday**

- 1 Beef Chilli**  
Mildly spicy, served with wholegrain rice, tortilla chips and optional natural yogurt and seasonal veggies.
- 2 Veggie bean chilli** V V  
Mildly spicy, served with wholegrain rice, tortilla chips and optional natural yogurt and seasonal veggies.
- 3 Herby Cheese Scones** V  
Served with raw veggie sticks on the salad bar.

**Thursday**

- 1 Creamy Cornish Fish Pie**  
Topped with mashed potato and cheese and served with seasonal veggies.
- 2 Bean Quesadillas (Tortilla Toasties)** V V  
Served with seasonal veggies and sweet potato chips.
- 3 Hummus and Homemade Breadsticks** V V  
Served with raw veggie sticks on the salad bar.

**Friday**

- 1 Carbonara Pasta Bake**  
Made with wholemeal penne and Cornish bacon, served with seasonal veggies.
- 2 Butternut Squash and Pea Risotto** V V  
Served with seasonal veggies.
- 3 Curried Parsnip Soup** V V  
Served with Stones maltstar on the salad bar with raw veg 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.