



# Marlborough Lunch Menu

Monday 17<sup>th</sup> – Thursday 20<sup>th</sup> December 2018

<b>Monday</b> <b>Meat Free</b>	<b>1</b>	<b>Homemade Margerita Pizza</b> Served with homemade coleslaw, raw veggie sticks and optional hard boiled eggs.	V <u>V*</u>
	<b>2</b>	<b>Leek and Potato Soup</b> Served with Stones maltstar and raw veggie sticks on the salad bar.	V <u>V</u>
<b>Tuesday</b>	<b>1</b>	<b>Pasta Bolognese</b> Wholewheat penne pasta, served with seasonal veggies and optional grated Davidstow cheddar.	
	<b>2</b>	<b>Pasta with Lentil, Aubergine and Tomato Sauce</b> Wholewheat penne pasta, served with seasonal veggies and optional grated Davidstow cheddar.	V <u>V</u>
	<b>3</b>	<b>Smoked Mackerel Pate</b> Served with raw veggie sticks and Stones maltstar on the salad bar.	
<b>Wednesday</b>	<b>1</b>	<b>Turkey and Spinach Burgers</b> Served in a Stones brioche bun with herby seeded cous cous and seasonal veggies.	
	<b>2</b>	<b>Bean Burgers</b> Served in a Stones brioche bun with herby seeded cous cous and seasonal veggies.	V <u>V</u>
	<b>3</b>	<b>Tomato and Sesame Soup</b> Served with raw veggie sticks and Stones baguette on the salad bar.	V
<b>Thursday</b>	<b>1</b>	<b>Sausages and Potato Wedges</b> Served with seasonal veggies.	
	<b>2</b>	<b>Veggie Sausages and Potato Wedges</b> Served with seasonal veggies.	V <u>V</u>
	<b>3</b>	<b>Oatcakes and Cornish Cheeses</b> Served with salads, chutney and extra cheese on the salad bar.	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.