



# Marlborough Lunch Menu

Monday 13<sup>th</sup> May – Friday 17<sup>th</sup> May 2019

<b>Monday</b> <b>Meat Free</b>	<b>1</b>	<b>Jacket Potatoes</b> Choice of white or sweet, served with organic baked beans, optional grated Davidstow cheddar, homemade coleslaw and steamed veg.	V <u>V*</u>
	<b>2</b>	<b>Cauliflower Cheese Soup</b> Served with homemade bread and a range of salads on the salad bar.	V
<b>Tuesday</b>	<b>1</b>	<b>Toad In The Hole</b> Herby pork sausages cooked in a light crispy batter, served with Cornish potato mash, gravy and seasonal veggies.	
	<b>2</b>	<b>Veggie Toad In The Hole</b> Linda McCartney sausages cooked in a light crispy batter, served with Cornish potato mash, gravy and seasonal veggies.	V <u>V*</u> DF
	<b>3</b>	<b>Spinach and Feta Pie</b> 'Spanakopita' filo pie served on the salad bar with a range of salads.	V
<b>Wednesday</b>	<b>1</b>	<b>Smoked Salmon and Pea Pasta</b> Made with wholemeal penne pasta served with seasonal veggies and optional grated Cornish cheddar.	
	<b>2</b>	<b>Butternut and Roasted Tomato Pasta</b> Served with seasonal veggies and optional grated Cornish cheddar.	V <u>V*</u>
	<b>3</b>	<b>Coconut Daal</b> Mildly spiced red lentil daal served on the salad bar with homemade spinach flatbreads and veggie sticks.	V <u>V*</u>
<b>Thursday</b>	<b>1</b>	<b>Beef Chilli</b> Mildly spiced mixed bean and beef chilli served with brown basmati rice, optional Cornish cheddar, natural yoghurt and seasonal veg.	
	<b>2</b>	<b>Bean Chilli</b> Mildly spiced mixed bean chilli served with brown basmati rice, optional Cornish cheddar, natural yoghurt and seasonal veg.	V <u>V*</u>
	<b>3</b>	<b>Carrot, Coconut and Ginger Soup</b> Served on the salad bar with homemade focaccia, veg sticks and a range of salads.	V <u>V*</u>
<b>Friday</b>	<b>1</b>	<b>Fish Pie</b> A creamy fish pie, cherry tomatoes and leeks topped with a homemade flakey pastry lid, served with seasonal veggies.	
	<b>2</b>	<b>Spring Vegetable Pie</b> Leeks, peas and spinach in a creamy sauce topped with a homemade pastry lid, served with seasonal veggies.	V
	<b>3</b>	<b>Ham, Leek and Pea Soup</b> Served on the salad bar with Stones farmhouse bread and veggie sticks.	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.