



Marlborough Lunch Menu

Monday 22nd – Friday 26th January 2018

Monday
Meat Free

1

Baked Potatoes

Baked sweet or white potatoes served with organic baked beans, Cornish cheddar cheese, hard boiled eggs and raw veg sticks

V DF* V*

2

Carrot and Lentil Soup

Smooth carrot, red lentil and ginger soup served on the salad bar with homemade bread and raw veg sticks

V DF V

Tuesday

1

Chicken, Leek and Ham Pasta Bake

Cornish chicken, local ham and leeks in a creamy white sauce baked with organic, wholewheat fusilli pasta, topped with Cornish cheddar and served with seasonal veg

2

Indian Spiced Cauliflower Soup

Mildly spiced smooth and creamy cauliflower soup served on the salad bar with homemade bread and a range of salads

V DF V

Wednesday

1

Pork Sausages

Primrose Herd pork chipolata sausages cooked on a bed of shredded cabbage, served with creamy mashed potato and seasonal veggies

DF*

2

Veggie Sausages

Linda McCartney veggie sausages served with fluffy mashed potato, onion gravy and seasonal veggies

V DF V

3

Smoked Mackerel Pate

Creamy smoked mackerel pate served on homemade soda bread on the salad bar with a range of salads

Thursday

1

Fishcakes in spiced tomato sauce

Cornish whiting fishcakes served in a mildly spiced tomato sauce, served with organic wholegrain basmati rice and seasonal veggies

DF*

2

Tomato and Sesame Soup

Tomato and Sesame Soup served on the salad bar with homemade bread and a range of salads

V DF V

Friday

1

Beef Roast Dinner

Slow cooked local beef brisket served with roast potatoes, freshly made gravy, and seasonal veggies

DF

2

Veggie Roast Dinner

Vegetarian sausage patty coated in crispy crumbs served with roast potatoes, onion gravy, and seasonal veggies

V DF V

3

Herby Cheddar Scones

Cornish cheddar and fresh herb scones, served on the salad bar with onion marmalade, extra cheddar and a range of salads

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.