

Marlborough Lunch Menu



Monday 20th March – Friday 24th March 2017

Monday Meat Free	1	Jacket Potatoes Served hot with fresh homemade coleslaw, organic baked beans, seasonal veg and 'help yourself' Cornish cheddar and butter	V DF V*
	2	Coconut daal Indian style lentil soup, with Stones bread, pickled chillies and raw veggie sticks to dunk	V DF V
Tuesday	1	Smoked salmon and pea pasta Creamy fusilli pasta with smoked salmon and peas, seasonal veggies and baguettes on tables	DF* V*
	2	Quiche salad bar Cornish Yarg cheese, red pepper and herb quiche with a mixed salad bar and baguettes on tables.	V DF* V* <u>(Falafels)</u>
Wednesday	1	Breaded mackerel wraps Tortilla wraps served warm with breaded local mackerel, salad , tzatziki and seasonal veggies	DF*
	2	Veggie bean chilli Tasty mixed bean chilli served hot with organic brown basmati rice, tzatziki and seasonal veggies	V DF V
	3	Boiled egg salad bar Eggs and cheese on the salad bar, with bread and a range of salads to choose from.	V
Thursday	1	Lemon chicken pieces Roasted Cornish free-range chicken pieces, with boiled new potatoes ,green herb sauce and seasonal veggies	DF*
	2	Roasted vegetable lasagne Lasagne filled with seasonal veg, tomato sauce and mozzarella, served with seasonal veggies and boiled new potatoes	V DF* V*
Friday	1	Lamb kebabs Spiced Cornish lamb and apricot kofta kebabs, served on Moroccan style couscous with yoghurt, and seasonal veg.	DF*
	2	Tomato and sesame soup Smooth and rich tomato and tahini soup, served with Stones bread and raw veg sticks to dunk.	V DF 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.