



Marlborough Lunch Menu

Monday 5th – Friday 9th November 2018

Monday Meat Free	1	Homemade Margerita Pizza Served with raw veggie sticks, homemade coleslaw and hard boiled eggs.	<u>V*</u> <u>V</u>
	2	Squash, Carrot and Ginger Soup Served with raw veggie sticks and Stones maltstar on the salad bar.	<u>V</u> <u>V</u>
Tuesday	1	Sausage Rolls Served with potato wedges and seasonal veggies.	
	2	Veggie Sausage Rolls Served with potato wedges and seasonal veggies.	<u>V</u> <u>V</u>
	3	Egg Mayo Sandwiches Homemade bread rolls with egg mayo served with veg sticks on the salad bar.	<u>V</u>
Wednesday	1	Spaghetti Bolognese Made with wholewheat pasta, served with seasonal veggies and optional grated Davidstow cheddar.	
	2	Pasta with Lentil, Aubergine and Tomato Sauce Made with wholewheat pasta, served with seasonal veggies and optional grated Davidstow cheddar.	<u>V</u> <u>V</u>
	3	Smoked Mackerel Pate Served with raw veggie sticks and Stones maltstar on the salad bar.	<u>V</u>
Thursday	1	Baked Potatoes A choice of white or sweet, served with organic baked beans and optional grated Davidstow cheddar.	<u>V</u> <u>V*</u>
	2	Squash, Potato and Chickpea Curry Served with wholegrain rice, seasonal veggies and optional natural yogurt.	<u>V</u> <u>V</u>
	3	Pea and Ham Soup Served on the salad bar with homemade soda bread and raw veggie sticks.	
Friday	1	Lamb Kofta Kebabs Served with flatbreads, hummus, seedy couscous, mint and yoghurt dressing and tomato/cucumber salad.	
	2	Falafels Spicy chickpea patties served with flatbreads, seedy cous cous, mint and yoghurt dressing and tomato/cucumber salad.	<u>V</u> <u>V</u>
	3	Tomato and Sesame Soup Served on the salad bar with homemade bread rolls and raw veg sticks.	<u>V</u> <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.