



Marlborough Lunch Menu

Monday 19th – Friday 23rd February 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	Tomato and Sesame Soup Tomato and Sesame Soup served on the salad bar with homemade bread and a range of salads	V DF V
Tuesday	1	Creamy Chicken Pie Cornish free-range chicken, leek and sweetcorn cooked in a creamy white sauce, topped with homemade flaky pastry and served with seasonal veggies	
	2	Creamy Veggie Pie Buttery carrots, leeks and sweetcorn cooked in a creamy white sauce topped with homemade flaky pastry and served with seasonal veggies	V
	3	Curried Parsnip and Apple Soup Mildly spiced, sweet and smooth curried parsnip and apple soup served on the salad bar with homemade half and half 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 crispy potato wedges and seasonal veggies	DF*
	2	Veggie Sausages Linda McCartney veggie sausages served with crispy potato wedges, onion gravy and seasonal veggies	V DF V
	3	Hummus Open Sandwich Creamy homemade hummus served with our homemade bread and a range of salads	V DF V
Thursday	1	Herb Crusted Salmon Freshly baked side of salmon coated in crispy, herby breadcrumbs, served with a lightly spiced tomato sauce, organic brown basmati rice, and seasonal veggies	DF
	2	Mixed Bean, Tomato & Pearl Barley Stew Lots of yummy veggies and beans cooked in a rich tomato sauce with organic pearl barley served with a range of salads	V DF V
Friday	1	Beef Lasagne Local, organic beef in a rich tomato sauce layered with creamy béchamel and organic white lasagne, topped with Cornish cheddar and served with seasonal veggies	
	2	Spinach and Mushroom Lasagne Organic spinach in a creamy mushroom sauce layered with organic white lasagne, topped with Cornish cheddar and served with seasonal veggies	V
	3	Creamy Coconut Daal Creamy Coconut Daal served on the salad bar with homemade spinach flatbreads and a range of salads	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.