



Marlborough Lunch Menu

Monday 11th – Friday 15th February 2019

Monday Meat Free	1	Homemade Margerita Pizza Served with homemade coleslaw, raw veggie sticks and optional hard boiled eggs.	V V*
	2	Carrot and Ginger Soup Served on the salad bar with Stones bread and raw veggies sticks.	V V
Tuesday Meat Free	1	Jacket Potatoes Choice of white or sweet, served with organic baked beans, homemade coleslaw and optional grated Davidstow cheddar.	V V*
	2	Quesadillas Tasty tortilla toasties, filled with mixed beans, tomato sauce and cheese, served with sweet potato fries and seasonal veggies.	V V*
	3	Curried Lentil, Tomato and Coconut Soup Served on the salad bar with raw veggie sticks and homemade flatbreads.	V V
Wednesday	1	Smoked Salmon and Pea Pasta Made with wholewheat penne pasta and served with seasonal veggies.	
	2	Butternut Squash and Pea Risotto Served with seasonal veggies.	V V*
	3	Herby Cheese Scones Served on the salad bar with chutney, salads, raw veggie sticks and extra cheese.	V
Thursday	1	Hunter's Chicken Tray Bake Free range chicken, peppers and olives in a tasty tomato sauce, served with wholegrain rice and seasonal veggies.	
	2	Bean Burgers Served with a mildly spicy tomato sauce, wholegrain rice and seasonal veggies.	V V*
	3	Tomato and Sesame Soup Served with raw veggie sticks and homemade bread on the salad bar.	V V
Friday	1	Spaghetti Bolognese Made with wholewheat spaghetti and served with optional grated Davidstow cheddar and seasonal veggies.	
	2	Spaghetti with Lentil Bolognese Made with wholewheat spaghetti and served with optional grated Davidstow cheddar and seasonal veggies.	V V
	3	White Winter Soup Served on the salad bar with Stones bread and raw veggie sticks.	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.