



Marlborough Lunch Menu

Monday 18th - Friday 22nd September 2017

Monday
Meat Free

1

Baked Potatoes

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

V DF* V*

2

Roasted Vegetable and Goat's Cheese Tart

Roasted vegetables and creamy goat's cheese baked in homemade flaky pastry, served on the salad bar with homemade chutney and a range of salads

V

Tuesday

1

Shepherd's Pie

Shepherd's Pie made with local, organic lamb, topped with fluffy mashed potato and served with seasonal veggies

DF*

2

Vegetarian Shepherd's Pie

Vegetable and Lentil Shepherd's Pie topped with fluffy mashed potato served with seasonal veggies

V DF V

3

Egg and Cress Open Sandwich

Free range egg, mayonnaise and cress on homemade bread served on the salad bar with a range of salads

V

Wednesday

1

Spaghetti Lentil Bolognese

Red lentil and vegetable Bolognese sauce served with organic whole-wheat spaghetti and Cornish cheddar

V DF* V*

2

Smoked Mackerel Pate

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

Thursday

1

Breaded Cornish Fish

Local fish fillet coated in crispy crumbs, served with a lightly spiced tomato sauce, organic wholegrain rice, and seasonal veggies

DF*

2

Vegetable Sausage Patty

Vegetarian Sausage Patty coated in crispy crumbs, served with a lightly spiced tomato sauce, organic wholegrain rice, and seasonal veggies

V DF* V*

3

Toasted Cheese Open Sandwich

Cornish Cheddar and homemade chutney toasted on homemade bread served on the salad bar with a range of salads

V

Friday

1

Creamy Chicken and Ham Pie

Cornish Free-Range Chicken and Local Ham in a creamy white sauce topped with homemade puff pastry and served with seasonal veggies

V

2

Creamy Vegetable Pie

Lots of yummy veggies in a creamy white sauce topped with homemade puff pastry and served with seasonal veggies

V

3

Creamy Coconut Daal

Creamy Coconut Daal served on the salad bar with homemade flatbread 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.