



# Marlborough Lunch Menu

**Monday 12<sup>th</sup> – Friday 16<sup>th</sup> March 2018**

<b>Monday</b> <b>Meat Free</b>	<b>1</b>	<b>Baked Potatoes</b> Baked sweet or white potatoes served with organic baked beans, Cornish cheddar cheese, hard boiled eggs and raw veg sticks	<b>V DF* V*</b>
	<b>2</b>	<b>Curried Parsnip and Apple Soup</b> Mildly spiced, sweet and smooth curried parsnip and apple soup served with homemade bread, hard boiled eggs and raw veg sticks	<b>V DF V</b>
<b>Tuesday</b>	<b>1</b>	<b>Creamy Chicken, Ham and Mushroom Pie</b> Local chicken breast and local ham cooked in a creamy mushroom sauce, topped with homemade flaky pastry, served with organic whole-wheat seeded couscous and seasonal veggies	
	<b>2</b>	<b>Creamy Vegetable and Mushroom Pie</b> Buttery carrots, leeks and sweetcorn cooked in a creamy mushroom sauce topped with homemade flaky pastry, served with organic whole-wheat seeded couscous and seasonal veggies	<b>V</b>
	<b>3</b>	<b>Carrot and Red Lentil Soup</b> Mildly spiced smooth carrot and red lentil soup served with homemade bread and a range of salads	<b>V DF V</b>
<b>Wednesday</b>	<b>1</b>	<b>Pork Sausages</b> Primrose Herd pork chipolata sausages cooked on a bed of shredded cabbage, served with crispy potato wedges and seasonal veggies	<b>DF*</b>
	<b>2</b>	<b>Veggie Sausages</b> Linda McCartney veggie sausages served with crispy potato wedges, onion gravy and seasonal veggies	<b>V DF V</b>
	<b>3</b>	<b>Herby Cheddar Scones</b> Cornish cheddar and fresh herb scones, served with homemade chutney, extra cheddar and a range of salads	<b>V</b>
<b>Thursday</b>	<b>1</b>	<b>Herb Crusted Salmon</b> Freshly baked side of salmon coated in crispy, herby breadcrumbs, served with a lightly spiced tomato sauce, organic brown basmati rice, and seasonal veggies	<b>DF</b>
	<b>2</b>	<b>Tomato and Sesame Soup</b> Tomato and Sesame Soup served on the salad bar with homemade bread and a range of salads	<b>V DF V</b>
<b>Friday</b>	<b>1</b>	<b>Roast Venison</b> Roasted Westcountry wild venison served with roast potatoes, freshly made gravy, and seasonal veggies	<b>DF</b>
	<b>2</b>	<b>Veggie Roast</b> Vegetarian sausage patty coated in crispy crumbs served with roast potatoes, onion gravy, and seasonal veggies	<b>V DF V</b>
	<b>3</b>	<b>Hummus Open Sandwich</b> Creamy homemade hummus served with our homemade bread and a range of salads	<b>V DF V</b>

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.