



Marlborough Lunch Menu

Monday 15th – Friday 19th October 2018

Monday

1

Shepherds Pie

Tasty lamb and vegetables with a mashed potato topping served with seasonal veggies.

2

Vegan Shepherds Pie

Tasty mixed beans and vegetables with a mashed potato topping served with seasonal veggies.

V V

3

Tomato and Sesame Soup

V

Served with Stones maltstar and raw veg sticks on the salad bar.

Tuesday

1

Pasta with Pork Ragù

Made with organic wholewheat penne and served with seasonal veggies and optional grated Davidstow cheddar.

2

Pasta with Roasted Tomato Sauce

V V

Made with organic wholewheat penne and served with seasonal veggies and optional grated Davidstow cheddar.

3

Herby Cheese Scones

V

Served with raw veg sticks and salads on the salad bar.

Wednesday

1

Ham and Mushroom Pizza

Served with raw veg sticks, homemade coleslaw and hard boiled eggs.

2

Margherita Pizza

V* V

Served with raw veg sticks, homemade coleslaw and hard boiled eggs.

3

Squash, Carrot and Ginger Soup

V V

Served with Stones baguette and raw veg sticks on the salad bar.

Thursday
Meat Free

1

Veggie Chickpea Curry

Served with wholegrain rice, natural yoghurt, seasonal veggies and a homemade spinach flatbread.

V V

2

Baked Potatoes

Choice of white or sweet served with organic baked beans, grated Davidstow cheddar and seasonal veggies.

V V

3

Egg Mayo Sandwiches

V

On homemade bread rolls, served with raw veg sticks and salads on the salad bar.

Friday

1

Beef Lasagne

Served with seasonal veggies.

2

Roasted Vegetable Lasagne

Served with seasonal veggies.

V V*

3

Coconut Daal with Homemade Spinach Flatbreads

V V

Served on the salad bar with raw veg sticks.

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.