



Marlborough Lunch Menu

Monday 29th April – Friday 3rd May 2019

Monday Meat Free	1	Macaroni Cheese Served with roasted cherry tomatoes and steamed seasonal veg.	V
	2	Spring Vegetable Soup Served with homemade malthouse bread, veg sticks and a range of salads on the salad bar.	V V*
	3	Asparagus and Brie Tart Served on the salad bar with a range of salads.	V
Tuesday	1	Lamb, Tomato and Coconut Curry Served with brown basmati rice, steamed seasonal veg and optional natural yoghurt.	DF
	2	Veggie Chickpea Curry Served with brown basmati rice, steamed seasonal veg and optional natural yoghurt.	V V*
	3	Mackerel Pate Open Sandwiches Served on homemade malthouse bread, veg sticks and a range of salads on the salad bar.	
Wednesday Meat Free	1	Jacket Potatoes Choice of white or sweet, served with organic baked beans, optional grated Davidstow cheddar, homemade coleslaw and steamed veg.	V V*
	2	Mediterranean Veg Chilli Slow cooked aubergines, courgette and tomatoes with red kidney beans, served with wholemeal cous cous and seasonal veg.	V V*
	3	Creamy Mushroom Soup Served with homemade bread on the salad bar with a range of salads.	V
Thursday	1	Pork Ragu Slow cooked in a rich tomato sauce, served with wholewheat fusilli pasta and steamed seasonal veg.	DF
	2	Vegetable Ragu Slow cooked in a rich tomato sauce, served with wholewheat fusilli pasta and steamed seasonal veg.	V V* DF
	3	Open Egg and Cress Sandwiches Served with veggie sticks and a range of salads on the salad bar.	V
Friday	1	Homemade Fish Fingers Locally caught white fish coated with crispy breadcrumbs, served with potato wedges and seasonal veggies.	
	2	Mexican Bean Burgers Made with aduki beans, coriander and spices, served with potato wedges and seasonal veggies.	V
	3	Herby Cheese Scones Served on the salad bar with a range of salads.	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.