

# Marlborough Lunch Menu



Monday 8<sup>th</sup> - Friday 12<sup>th</sup> January 2018

<b>Monday</b> Meat Free	<b>1</b>	<b>Pizza</b> Homemade Margherita pizza or Goats cheese, olive and red pepper pizza served with hard boiled eggs and raw veg sticks	V DF* <u>V*</u>
	<b>2</b>	<b>Carrot and Lentil Soup</b> Smooth carrot, red lentil and ginger soup served on the salad bar with homemade bread and raw veg sticks	V DF <u>V</u>
<b>Tuesday</b>	<b>1</b>	<b>Sausage, Bacon and Bean Casserole</b> Primrose Herd sausages and bacon with a mixture of eight organic beans cooked in a rich tomato sauce, served with organic whole wheat seeded couscous, and seasonal veggies	DF*
	<b>2</b>	<b>Mixed Bean, Tomato &amp; Pearl Barley Stew</b> Lots of yummy veggies and beans cooked in a rich tomato sauce with organic pearl barley served with a range of salads	V DF <u>V</u>
<b>Wednesday</b>	<b>1</b>	<b>Spaghetti Bolognese</b> Local, organic beef cooked in a rich tomato sauce served with organic whole-wheat spaghetti, Cornish cheddar, and seasonal veggies	DF
	<b>2</b>	<b>Spaghetti Lentil Bolognese</b> Red lentil and vegetable bolognese sauce served with organic whole-wheat spaghetti, Cornish cheddar, and seasonal veggies	V DF <u>V</u>
	<b>3</b>	<b>Smoked Mackerel Pate</b> Creamy smoked mackerel pate served on homemade soda bread on the salad bar with a range of salads	
<b>Thursday</b>	<b>1</b>	<b>Mutton Curry</b> Local organic mutton cooked in a mild curry sauce served with organic brown basmati rice and seasonal veggies	DF
	<b>2</b>	<b>Chickpea Curry</b> Mild Chickpea curry served with organic brown basmati rice and seasonal veggies	V DF <u>V</u>
	<b>3</b>	<b>Hummus Open Sandwich</b> Creamy homemade hummus served on our own homemade bread with a range of salads	V DF <u>V</u>
<b>Friday</b>	<b>1</b>	<b>Creamy Fish Pie</b> Local white fish and salmon in a creamy white sauce with boiled eggs, topped with mashed potato, and served with seasonal veggies	
	<b>2</b>	<b>Creamy Coconut Daal</b> Creamy Coconut Daal served on the salad bar with homemade spinach flatbreads and a range of salads	V DF <u>V</u>

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.