



# Marlborough Lunch Menu

Tuesday 23<sup>rd</sup> – Friday 26<sup>th</sup> April 2019

**Tuesday**  
**Meat Free**

1

## Jacket Potatoes

V V\*

A choice of white or sweet potato, served with organic baked beans, optional grated Cornish Davidstow cheddar, homemade coleslaw and steamed veg.

2

## Carrot, Tomato and Coconut Soup

V V DF

Served with malthouse bread and veg sticks on the salad bar.

**Wednesday**

1

## Spaghetti Bolognese

Served with optional cheddar cheese with seasonal veggies.

2

## Spaghetti Lentil Bolognese

V V DF

Red split lentils and veggies in a tomato sauce served with wholewheat spaghetti, optional cheddar cheese and seasonal veggies.

3

## Hummus Open Sandwiches

V V DF

Served on the salad bar with raw veggie sticks and fresh salads.

**Thursday**

1

## Sausages and Mash

Locally made pork sausages, buttery Cornish potato mash served with homemade onion gravy and seasonal veggies.

2

## Veggie Sausages and Mash

V

Veggie sausages, buttery Cornish potato mash served with homemade onion gravy and seasonal veggies.

3

## Roasted Butternut Squash and Sweet Potato

### Soup

V V DF

Served with raw veggie sticks and homemade breadsticks on the salad bar.

**Friday**  
**Meat Free**

1

## Homemade Pizza Margerita

V V\* DF\*

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

2

## Spinach, Olive and Egg Pizza

V

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

3

## Coconut Daal

V V DF

Mildly spiced lentil daal served on the salad bar with homemade spinach flatbreads and 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.