

Marlborough Lunch Menu



Tuesday 2nd – Friday 5th May 2017

Tuesday	1	Smoked salmon and pea creamy pasta Organic fusilli pasta with smoked salmon, peas and herbs in béchamel sauce, served with seasonal veg.	
	2	Moroccan veggie tagine Mildly spiced veg and lentils in tomato sauce with apricots, served over whole-wheat couscous and with seasonal veg	V DF V
Wednesday	1	Sausage and mash Etherington's chipolata sausages with skins on creamy mash, chicken gravy and seasonal veggies	DF
	2	Veggie sausage and mash Linda McCartney vegan sausages, with skins on creamy mash, onion gravy and seasonal veggies	V DF V*
	3	Wild garlic pesto and tomato pasta salad Freshly foraged, nut free pesto and cherry tomato pasta, served warm on the buffet bar with a mix of salads.	V V*
Thursday	1	Chicken Caesar salad Cornish free range roast chicken salad with croutons, bacon, parmesan cheese and optional anchovy creamy dressing on the buffet bar with bread and boiled eggs	DF*
	2	Chickpea curry Mildly spiced chickpea, tomato and coconut curry with organic brown basmati rice, handmade spinach flatbreads and natural yoghurt	V DF V
Friday	1	Smoked mackerel kedgeree Brown basmati rice, mildly Indian spiced, stirred through with flaked smoked mackerel, served with natural yoghurt, lemon, boiled eggs and toasted seeds	DF*
	2	Veggie kedgeree Brown basmati rice, mildly Indian spiced, served with natural yoghurt, lemon, boiled eggs and toasted seeds	V DF* V*
	3	Hummus and roast vegetable wraps Our fresh hummus served with roast carrots, peppers and tomato in tortilla wraps with a mix of salads on the buffet bar.	V DF 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.