



Marlborough Lunch Menu

Monday 28th January – Friday 1st February 2019

Monday Meat Free	1	Homemade Margerita Pizza Served with homemade coleslaw, raw veggie sticks and optional hard boiled eggs.	V <u>V*</u>
	2	White Winter Soup Served on the salad bar with Stones maltstar and raw veggie sticks for dunking.	V
Tuesday	1	Turkey and Spinach Burgers Served in a Stones brioche bun with herby seedy cous cous and seasonal veggies.	
	2	Bean Burgers Served in a Stones brioche bun with herby seedy cous cous and seasonal veggies.	V <u>V</u>
	3	Pea and Ham Soup Served on the salad bar with Stones baguette and raw veggie sticks.	
Wednesday	1	Pasta with Pork Ragu Made with wholewheat penne pasta and served with seasonal veggies and optional grated Davidstow cheddar.	
	2	Pasta with Lentils and Tomato Sauce Made with wholewheat penne pasta and served with seasonal veggies and optional grated Davidstow cheddar.	V <u>V</u>
	3	Carrot and Ginger Soup Served on the salad bar with Stones bread and raw veggie sticks	V
Thursday	1	Fish Fingers and Potato Wedges Homemade Cornish breaded fish fingers served with potato wedges, seasonal veggies and optional tartare sauce.	
	2	Sweetcorn and Red Pepper Pancakes Served with potato wedges and seasonal veggies.	V
	3	Coconut Daal Mildly spiced lentil daal, served on the salad bar with homemade flatbreads and raw veggie sticks.	V
Friday	1	Lamb, Tomato and Coconut Curry Served with wholegrain rice, seasonal veggies and optional natural yogurt and/or pickled chillies.	
	2	Veggie Chickpea Curry Served with wholegrain rice, seasonal veggies and optional natural yogurt and/or pickled chillies.	V
	3	Herby Cheese Scones Served on the salad bar with extra cheese, chutney, salads and raw veggie sticks.	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.