



Marlborough Lunch Menu

Monday 25th – Friday 1st March 2019

Monday Meat Free	1	Macaroni Cheese with Kale and Cauliflower V Made with wholewheat penne pasta and Cornish Davidstow cheddar, served with roasted tomatoes and sweetcorn.
	2	Pasta with Tomato Sauce V V Wholewheat penne pasta served with sweetcorn and optional grated Davidstow cheddar.
	3	Coconut Daal V V Mildly spiced lentil daal, served on the salad bar with homemade flatbreads and raw veggie sticks.
Tuesday	1	Sausages and Potato Wedges Served with seasonal veggies.
	2	Veggie Sausages and Potato Wedges V V Served with seasonal veggies.
	3	Oatcakes and Cornish Cheeses V Served with salads, chutney and raw veggie sticks on the salad bar.
Wednesday	1	Beef Chilli Mildly spicy mixed bean chilli, served with wholegrain rice, optional grated Davidstow cheddar, natural yoghurt, pickled chillies, seasonal veggies and tortilla chips.
	2	Veggie Bean Chilli V V Mildly spicy beef chilli, served with wholegrain rice, optional grated Davidstow cheddar, natural yoghurt, pickled chillies, seasonal veggies and tortilla chips.
	3	Tomato and Sesame Soup V V Served on the salad bar with raw veggie sticks and homemade bread.
Thursday Meat Free	1	Jacket Potatoes V V Choice of white or sweet, served with organic baked beans, optional grated Davidstow cheddar and homemade coleslaw.
	2	Sweetcorn and Red Pepper Pancakes V Served with herby roast potatoes, organic baked beans and homemade coleslaw.
	3	Hummus and Homemade Breadsticks V V Served with raw veggie sticks on the salad bar.
Friday	1	Turkey and Spinach Burgers Served in a Stones brioche bun with herby seeded couscous and seasonal veggies.
	2	Bean Burgers V V Served in a Stones brioche bun with herby seeded couscous and seasonal veggies.
	3	Carrot and Ginger Soup V V Served on the salad bar with Stones baguette and veggie 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.