



# Marlborough Lunch Menu

Monday 18<sup>th</sup> – Friday 22<sup>nd</sup> March 2019

|                                     |          |  |             |
|-------------------------------------|----------|--|-------------|
| <b>Monday</b><br><b>Meat Free</b>   | <b>1</b> | <b>Homemade Pizza Margerita</b><br>Served with raw veggie sticks, hard boiled eggs and homemade coleslaw.  | V <u>V*</u> |
|                                     | <b>2</b> | <b>Leek and Potato Soup</b><br>Served on the salad bar with Stones bread and raw veggie sticks.  | V <u>V</u>  |
| <b>Tuesday</b>                      | <b>1</b> | <b>Pasta with Pork Ragu</b><br>Wholewheat penne pasta and slow cooked pork ragu, served with seasonal veggies and optional grated Davidstow cheddar.                                       |             |
|                                     | <b>2</b> | <b>Pasta with Lentil Bolognese</b><br>Served with seasonal veggies and optional grated Davidstow cheddar.  | V <u>V</u>  |
|                                     | <b>3</b> | <b>Cauliflower Cheese Soup</b><br>Served on the salad bar with homemade bread and raw veggie sticks.   | V           |
| <b>Wednesday</b>                    | <b>1</b> | <b>Beef Chilli</b><br>Mildly spiced beef chilli, served with wholegrain rice, optional grated Davidstow cheddar, natural yoghurt, pickled chillies, seasonal veggies and tortilla chips.   |             |
|                                     | <b>2</b> | <b>Veggie Bean Chilli</b><br>Mildly spicy mixed bean chilli, served with wholegrain rice and optional grated Davidstow cheddar.  | V <u>V</u>  |
|                                     | <b>3</b> | <b>Herby Cheese Scones</b><br>Served on the salad bar with cheese, raw veggie sticks, salads, and chutney.   | V           |
| <b>Thursday</b><br><b>Meat Free</b> | <b>1</b> | <b>Jacket Potatoes</b><br>A choice of white or sweet potato, served with organic baked beans, grated Cornish Davidstow cheddar, homemade coleslaw, hard boiled eggs and raw veggie sticks. | V <u>V*</u> |
|                                     | <b>2</b> | <b>Quesadillas</b><br>Tasty tortilla toasties served with organic baked beans, homemade coleslaw and raw veggie sticks.  | V <u>V*</u> |
|                                     | <b>3</b> | <b>Hummus and Homemade Breadsticks</b><br>Served with raw veggie sticks, optional hard boiled eggs and salad on the salad bar.   | V <u>V</u>  |
| <b>Friday</b>                       | <b>1</b> | <b>Fish Fingers and Potato Wedges</b><br>Served with seasonal veggies.   |             |
|                                     | <b>2</b> | <b>Sweetcorn and Red Pepper Pancakes</b><br>Served with potato wedges and seasonal veggies.  | V           |
|                                     | <b>3</b> | <b>Squash, Carrot and Ginger Soup</b><br>Served on the salad bar with homemade bread and raw veggie sticks.  | V <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\***  
**DF/DF\***  
**V/V\***

Vegetarian (including no fish) or can be made veggie on request if starred  
Dairy free (including no eggs) or can be made dairy free on request if starred  
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.