

Marlborough Lunch Menu



Monday 27th - Friday 31st March 2017

Monday Meat Free	1	Pizza Fresh Margherita or 'special of the day' pizza, with boiled free range eggs, fresh coleslaw and seasonal veggies to accompany.	V DF* V*
	2	Roast Squash Soup Smooth and sweet squash soup, with Stones bread and raw veggie sticks to dunk	V DF V
Tuesday	1	Baked Chicken Curry Roast free range chicken pieces in tomato and coconut curry sauce, with brown organic basmati rice and seasonal veggies	DF
	2	Spaghetti Lentil Bolognese Organic spaghetti in our lovely tomato, lentil and herb sauce, with Davidstow cheddar cheese and seasonal veggies	V DF V
Wednesday	1	Pork Chow Mein Noodles Primrose Herd pork strips, stir fried with noodles, seasonal fresh veggies and a soy, ginger and garlic sauce.	DF
	2	Veggie Chow Mein Noodles Tofu, stir fried with noodles, seasonal fresh veggies and a soy, ginger and garlic sauce.	V DF V
	3	Tomato and Red Pepper Soup Smooth soup with tomato, pepper and white beans, served with Stones bread and raw veggie sticks to dunk	V DF V
Thursday Class 3's Roald Dahl Menu <small>*Oompa Loompa fruit kebabs after*</small>	1	Everlasting Gobstopper Chicken Balls Huge chicken and apple meatballs, served with roast sliced potatoes, gravy and seasonal veggies.	DF
	2	Roald Dahl's Daal Indian spiced mild chunky lentil soup, served with Stones bread and raw veggie sticks to dunk	V DF V
	3	Snozcumber Salad bar Cucumber, tomato and boiled egg salad with hummus, pink (Twits) spaghetti and other salad bar bits.	V DF V*
Friday	1	Fishcakes in Tomato Sauce Cornish baked fishcakes served in a mildly spiced tomato sauce with herby couscous and seasonal veggies	DF*
	2	Spinach and Feta Filo Pie 'Spanakopita' pie on the buffet bar with a mix of salads.	V DF* V* (falafels)

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.