



# Marlborough Lunch Menu

Monday 19<sup>th</sup> – Friday 23<sup>rd</sup> November 2018

<b>Monday</b> <b>Meat Free</b>	<b>1</b>	<b>Homemade Margerita Pizza</b>	V V
		Served with homemade coleslaw, raw veggie sticks and optional hard boiled eggs.	
	<b>2</b>	<b>Curried Lentil, Tomato and Coconut Soup</b>	V V
		Served on the salad bar with toasted pitta sticks and raw veggie sticks for dunking.	
<b>Tuesday</b>	<b>1</b>	<b>Turkey and Spinach Burgers</b>	
		Served in a Stones brioche bun with herby, seedy cous cous and seasonal veggies.	
	<b>2</b>	<b>Bean Burgers</b>	V V
		Served in a Stones brioche bun with herby, seedy cous cous and seasonal veggies.	
	<b>3</b>	<b>Squash, Carrot and Ginger Soup</b>	V V
		Served on the salad bar with Stones baguette and raw veggie sticks.	
<b>Wednesday</b>	<b>1</b>	<b>Baked Potatoes</b>	V V
		Choice of white or sweet, served with organic baked beans and grated Cornish Davidstow cheddar.	
	<b>2</b>	<b>Veggie Chickpea Curry</b>	V
		Served with wholegrain rice, optional natural yogurt, seasonal veggies and a homemade spinach flatbread.	
	<b>3</b>	<b>Smoked Mackerel Pate</b>	
		Open sandwiches on Stones maltstar bread, served with raw veggie sticks and salads on the salad bar.	
<b>Thursday</b>	<b>1</b>	<b>Fishcakes</b>	
		Made with Cornish fish and served with wholegrain rice, seasonal veggies and optional spicy tomato sauce.	
	<b>2</b>	<b>Lentil Chilladas</b>	V V
		Little mildy spicy lentil patties served with wholegrain rice, seasonal veggies and optional spicy tomato sauce.	
	<b>3</b>	<b>Tomato and Sesame Soup</b>	V V
		Served with homemade bread rolls and raw veggie sticks on the salad bar.	
<b>Friday</b>	<b>1</b>	<b>Sausages and Potato Wedges</b>	
		Served with seasonal veggies.	
	<b>2</b>	<b>Veggie Sausages and Potato Wedges</b>	V V
		Served with seasonal veggies.	
	<b>3</b>	<b>Leek and Potato Soup</b>	V
		Served with Stones maltstar on the salad bar with raw veg 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.