



Marlborough Lunch Menu

Monday 8th – Friday 12th October 2018

Monday Meat Free	1	Homemade Pizza Margherita Served with veggie sticks, homemade coleslaw and hard boiled eggs.	V
	2	Sweet Potato and Squash Soup Served on the salad bar with Stones baguette, homemade coleslaw, raw veggie sticks and hard boiled eggs.	V V
Tuesday	1	Lamb Kofta Kebabs Served with flatbreads, hummus, seeded cous cous, mint and yoghurt dressing and cucumber/tomato salad.	
	2	Falafels Spicy chickpea patties, served with flatbreads, seeded cous cous, mint and yoghurt dressing and cucumber/tomato salad.	V V
	3	Smoked Mackerel Pate Served on the salad bar with Stones maltstar, raw veggie sticks and cucumber/tomato salad.	
Wednesday	1	Spaghetti Bolognese Made with organic wholewheat pasta, served with seasonal veggies and optional grated Cornish davidstow cheddar.	
	2	Spaghetti with Lentil, Aubergine and Tomato Sauce Served with seasonal veggies and optional Davidstow cheddar.	V V
	3	Hummus and Homemade Rosemary and Sesame Breadsticks Served on the salad bar with raw veggie sticks and salads.	V
Thursday	1	Fish Fingers and Potato Wedges Homemade Cornish fish fingers (choice of white fish or mackerel) served with potato wedges and seasonal veggies.	
	2	Beetroot and Halloumi Burgers Served with potato wedges and seasonal veggies.	V
	3	Curried Lentil, Tomato and Coconut Soup Served with toasted pitta bread sticks and raw veg sticks on the salad bar. (Very mild!)	V V
Friday	1	Macaroni Cheese with Cauliflower and Kale Made with wholewheat penne pasta and Cornish davidstow cheddar.	V
	2	Baked Potatoes Choice of white or sweet. Served with organic baked beans and optional grated davidstow cheddar.	V V
	3	Smoked Salmon and Cream Cheese Open Sandwiches With Stones maltstar, served on the salad bar with salad and 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.