



Marlborough Lunch Menu

Monday 4th – Friday 8th February 2019

Monday Meat Free	1	Macaroni Cheese with Kale and Cauliflower Made with wholewheat penne pasta and Cornish Davidstow cheddar, served with roasted tomatoes and sweetcorn.	V
	2	Pasta with Roasted Tomato Sauce Wholewheat penne pasta served with sweetcorn and optional grated Davidstow cheddar.	V V
	3	Curried Parsnip Soup Served on the salad bar with homemade bread and raw veggie sticks.	V V
Tuesday	1	Shepherd's Pie Tasty lamb and veggies topped with creamy mashed potato and served with buttery leeks and cabbage.	
	2	Veggie Shepherd's Pie Tasty lentils and veggies, topped with creamy mashed potato and served with buttery leeks and cabbage.	V V
	3	Smoked Mackerel Pate Open Sandwiches Served on the salad bar with raw veggie sticks and Stones maltstar.	
Wednesday Meat Free	1	Jacket Potatoes Choice of white or sweet, served with organic baked beans, homemade coleslaw and optional grated Davidstow cheddar.	V V
	2	Veggie Bean Chilli Served with wholegrain rice, optional natural yogurt and pickled chillies and seasonal veggies.	V V
	3	Hummus and Homemade Breadsticks Served on the salad bar with raw veggie sticks.	V V
Thursday	1	Beef Lasagne Served with seasonal veggies.	
	2	Roasted Vegetable Lasagne Served with seasonal veggies.	V V*
	3	Egg Mayo Open Sandwiches Served with raw veggie sticks on the salad bar.	
Friday	1	Sausages and Potato Wedges Served with seasonal veggies.	
	2	Veggie Sausages and Potato Wedges Served with seasonal veggies.	V V
	3	Squash, Sweet Potato and Lentil Soup Served on the salad bar with Stones bread and veggie sticks.	V V

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.