

Marlborough Lunch Menu



Monday 17th - Friday 21st July 2017

Monday Meat Free	1	Baked Potatoes Baked sweet or white potatoes served with organic baked beans, Cornish cheddar cheese and raw veg sticks	V DF* V*
	2	Cornish Brie and Beetroot Tart Cornish Brie and roasted beetroot baked in homemade flaky pastry, served on the salad bar with homemade onion marmalade and raw veg sticks	V
Tuesday	1	Spaghetti Bolognese Local, organic beef in a tomato sauce served with organic white spaghetti and Cornish cheddar, and seasonal veggies	DF*
	2	Butternut Squash and Pea Risotto Roasted butternut squash and pea risotto served with seasonal veggies and a sprinkle of cheese	V DF* V*
Wednesday	1	Fish Cakes Homemade fishcakes coated in crispy crumbs, served with a lightly spiced tomato sauce, organic wholegrain rice, black beans and sweetcorn and seasonal veggies	DF*
	2	Spinach and Pea Pasta Salad Wilted spinach and peas with whole-wheat penne pasta and spinach pesto served on the salad bar with a range of salads	V DF V
Thursday Meat Free	1	Creamy Spinach Cannelloni Spinach filled cannelloni served in a white sauce, topped with cheese and served with seasonal veggies.	V
	2	Egg and Cress Open Sandwich Free range egg, mayonnaise and cress on Stones or homemade bread served on the salad bar with a range of salads	V
	3	Creamy Coconut Daal Creamy Coconut Daal served on the salad bar with wholemeal pitta bread and a range of salads	V DF V
Friday End of year BBQ	1	Primrose Herd Sausage or Turkey and Courgette Burger in Stones buns	DF*
	2	Veggie Hot Dogs in Stones buns	V DF V
Both come with buffet salad sides and a medley of cakes for pudding. Fresh fruit will also be available			

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.