



Marlborough Lunch Menu

Monday 4th – Friday 8th December 2017

Monday
Meat Free

1

Macaroni Cheese

Organic white macaroni baked with a creamy cheese sauce, topped with Cornish cheddar and crispy crumbs and served with seasonal veggies

V

2

Creamy Coconut Daal

Creamy Coconut Daal served on the salad bar with homemade flatbreads and a range of salads

V DF V

Tuesday

1

Mutton Curry

Local organic mutton cooked in a mild curry sauce served with natural yogurt, organic brown basmati rice and seasonal veggies

DF

2

Chickpea Curry

Mild Chickpea curry served with natural yogurt, organic brown basmati rice and seasonal veggies

V DF V

3

Leek and Potato Soup

Smooth and creamy leek and potato soup served on the salad bar with homemade bread and a range of salads

V DF* V*

Wednesday

1

Pizza

Homemade Margherita pizza or Hawaiian (local ham and pineapple) pizza served with raw veg sticks

DF

2

Tomato and Sesame Soup

Tomato and Sesame Soup served on the salad bar with homemade bread and a range of salads

V DF V

Thursday

1

Breaded Local Mackerel

Freshly baked mackerel fillets coated in crispy crumbs served with a lightly spiced tomato sauce, organic whole-wheat seeded cous cous, and seasonal veggies

DF*

2

Breaded Veggie Patty

Vegetarian sausage patty coated in crispy crumbs served with a lightly spiced tomato sauce, organic whole-wheat seeded cous cous, and seasonal veggies

V DF V

Friday

1

Creamy Chicken and Ham Pie

Cornish free-range chicken, local ham and leeks in a creamy white sauce topped with homemade puff pastry and served with seasonal veggies

V

2

Creamy Leek and Sweetcorn Pie

Local leeks and sweetcorn in a creamy white sauce topped with homemade puff pastry and served with seasonal veggies

V

3

Carrot and Red Lentil Soup

Mildly spiced smooth carrot and red lentil soup served with homemade bread and a range of salads

V DF 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.