



Marlborough Lunch Menu

Tuesday 30th – Friday 2nd November 2018

Tuesday
Meat Free

1

Macaroni Cheese with Kale and Cauliflower

V

Made with organic wholewheat penne and Cornish grated Davidstow cheddar, served with roasted tomatoes and sweetcorn.

2

Baked Potatoes

V V

Choice of white or sweet served with organic baked beans and optional grated Davidstow cheddar.

3

Hummus and Homemade Breadsticks

V V

Served with raw veg sticks on the salad bar.

Wednesday

1

Sausages and Potato Wedges

Served with seasonal veggies.

2

Veggie Sausages and Potato Wedges

V V

Served with seasonal veggies.

3

Leek and Potato Soup

V V

Served with Stones maltstar and raw veg sticks on the salad bar

Plus a spooky special Halloween cookie!

Thursday

1

Smoked Salmon and Pea Pasta

Organic wholewheat penne pasta served with broccoli and crispy kale and optional grated Davidstow cheddar.

2

Pasta with Roasted Tomato Sauce

V V

Organic wholewheat penne pasta served with broccoli and crispy kale and optional grated Davidstow cheddar.

3

Oatcakes and Cornish Cheeses

V

Choice of Davidstow cheddar, Cornish brie and Cornish yarg, served with salads on the salad bar.

Friday

1

Turkey and Courgette Burgers

Served in a Stones brioche bun with herb and seeded cous cous and seasonal veggies.

2

Bean Burgers

V

Served in a Stones brioche bun with herb and seeded cous cous and seasonal veggies.

3

Curried Lentil, Tomato and Coconut Soup

V

Served with toasted pitta bread and raw veg sticks on the salad bar.

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.