



Marlborough Lunch Menu

Monday 4th – Friday 8th March 2019

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|-----------------------------------|----------|--|-------------|
| Monday Meat Free | 1 | Homemade Pizza Margerita Served with homemade coleslaw, raw veggie sticks and optional hard boiled eggs. | V <u>V*</u> |
| | 2 | Curried Parsnip Soup Served on the salad bar with Stones bread and raw veggie sticks. | V <u>V</u> |
| Tuesday | 1 | Smoked Salmon and Pea Pasta Made with wholewheat penne pasta and served with seasonal veggies. | |
| | 2 | Butternut Squash and Pea Risotto Served with seasonal veggies. | V <u>V*</u> |
| | 3 | Herby Cheese Scones Served with salads, chutney, extra cheese and raw veggie sticks on the salad bar. | V |
| Wednesday | 1 | Shepherd's Pie Tasty lamb and veggies topped with creamy mashed potato and served with seasonal veggies. | |
| | 2 | Beetroot and Halloumi Burger Served with herby seedy couscous and seasonal veggies. | V <u>V*</u> |
| | 3 | Sweet Potato and Squash Soup Served on the salad bar with raw veggie sticks and homemade bread. | V <u>V</u> |
| Thursday | | BIG DIG DAY | |
| | 1 | Pasties Pasties to eat outside with your friends. Cake and fruit for pudding. | V <u>V</u> |
| Friday | 1 | Beef Lasagne Served with seasonal veggies. | |
| | 2 | Roasted Vegetable Lasagne Served with seasonal veggies. | V <u>V*</u> |
| | 3 | Egg Mayo Open Sandwiches Served on the salad bar with salads and veggie sticks. | 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.