



# Marlborough Lunch Menu

Monday 17<sup>th</sup> to Friday 21<sup>st</sup> September 2018

**Monday**  
**Meat Free**

- 1 Mac and cheese**  
With kale, cauliflower and veggie sticks. **V**
- 2 Baked potatoes**  
Option of normal or sweet potatoes. Served with beans and cheese. **V DF V**
- 3 Spicy Autumn vegetable soup** **V DF V**  
Served with Stones maltstar and veg sticks.

**Tuesday**

- 1 Slow cooked pork ragu with penne** **DF**  
Served with peas and sweetcorn.
- 2 Lentil, aubergine and tomato sauce with penne** **V DF V**  
Served with peas and sweetcorn.
- 3 Ham, leek and pea soup**  
Served with homemade soda bread.

**Wednesday**

- 1 Beef, bacon and squash stew** **DF**  
Served with roast new potatoes and seasonal veg.
- 2 Moroccan chickpea and veg tagine** **V DF V**  
Served with cous cous.
- 3 Smoked Mackerel Pate** **V**  
Served with homemade bread.

**Thursday**

- 1 Lamb curry and rice** **DF**  
Served with raita and flatbreads
- 2 Vegetable curry and rice** **V DF V**  
Served with raita and flatbreads
- 3 Hummus open sandwiches** **DF V V**

**Friday**  
**Meat Free**

- 1 Fishcakes** **V DF**  
Served with potato wedges and seasonal veg.
- 2 Beetroot and halloumi burgers** **V\***  
Served with Stones brioche buns.

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.