

Marlborough Lunch Menu



Monday 25th June – Friday 29th June 2018

Monday	1	Smoked salmon and pea pasta Organic farfalle pasta with a creamy smoked salmon, dill and pea sauce, with optional aubergine parmigiana on the side.	DF*
	2	Bean Burgers with aubergine parmigiana Homemade vegan mega bean burgers served with a layered aubergine and mozzarella bake and brown rice.	V DF* V*
Tuesday	1	Ham and white beans Slow cooked ham hock pieces in a creamy sauce with butter beans and spring greens, served with crushed new potatoes.	
	2	Dahl and pitta Mildly spiced red lentil and coconut dahl served with toasted pitta breads and veg sticks for dunking.	V DF V
Wednesday Meat Free	1	Margherita Pizza Marlborough's fresh mozzarella, cheddar and tomato pizza, served with optional coleslaw and boiled eggs.	V DF*
	2	Carrot and ginger soup Zingy smooth carrot soup served with stones bread and veggie sticks for dunking.	V DF V
Thursday	1	Sausage rolls Pork and spinach freshly baked flaky pastry rolls served with a warm quinoa salad on the buffet bar.	
	2	Falafel rolls Crushed chickpea and herb freshly baked flaky pastry rolls served with a warm quinoa salad on the buffet bar.	V
	3	Squash risotto Caramelised onion and crown prince squash risotto with seasonal veggies on the side	V DF* V*
Friday	1	Pasta Bolognese Whole wheat penne served with slow cooked mutton bolognese sauce, with optional cheddar and seasonal veg.	DF
	2	Oatcakes and cheese Homemade oatcakes on the buffet bar with Cornish Yarg, chutney, hummus and a range of other 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.