

Marlborough Lunch Menu



Monday 2nd July – Friday 6th July 2018

Monday	1	Pasta with bacon and chickpeas	DF
		Wholemeal penne pasta with Primrose Herd smoked bacon, kale and organic chickpeas in tomato sauce with seasonal veg and optional Davidstow Cheddar	
	2	Pasta with chickpeas	V DF V
		Wholemeal penne pasta with organic chickpeas and kale in tomato sauce with seasonal veg and optional Davidstow Cheddar	
	3	Leek and potato soup	V NG
		Creamy and chunky vegetable soup served on the buffet bar with spelt soda bread and raw veg sticks	
Tuesday	1	Breaded fish	DF*
		Kernow Sashimi pollack and mackerel fillets, breaded, with crushed local new potatoes, broccoli, lemon and fresh tartar sauce	
	2	Greek salad wraps	V DF* V*
		Cucumber, feta and tomato salad in wholemeal wraps with a range of salads on the buffet bar.	
Wednesday Meat Free	1	Jacket potatoes	V DF V NG
		Baked potatoes served with options of organic baked beans, Davidstow cheddar, boiled eggs and fresh homemade coleslaw	
	2	Veggie lasagne	V DF* V*
		Roast early summer vegetable and ricotta lasagne with optional boiled eggs and fresh homemade coleslaw	
Thursday	1	BBQ sticky ribs	DF NG
		Marinated and baked pork ribs, served with fresh homemade soft cornbread and seasonal veg.	
	2	Vegan shepherd's pie	V DF V NG
		Lentil and sweet potato pie served with Stones baguette and seasonal veg.	
Friday	1	Lamb and coconut curry	DF NG
		Slow cooked mild curry served with organic brown rice, natural yoghurt and seasonal veg.	
	2	Summer Quiche	V V*
		Early summer vegetable, herb and Cornish Brie quiche served with a range of salads on the buffet 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. Please see the board on the kitchen door in the hall for a daily menu

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
NG	Uses non gluten ingredients

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.