



# Marlborough Lunch Menu

**Monday 10<sup>th</sup> June – Friday 14<sup>th</sup> June 2019**

<b>Monday</b> <b>Meat Free</b>	<b>1</b>	<b>Macaroni and Broccoli Cheese</b> <span>V</span> Topped with breadcrumbs, Cornish cheddar cheese and served with steamed seasonal veggies.
	<b>2</b>	<b>Sweetcorn and Red Pepper Pancakes</b> <span>V</span> Served with buttery beetroot and steamed seasonal veggies.
	<b>3</b>	<b>Indian Speckled Lentil and Coconut Soup</b> <span>V V DF</span> Served with homemade bread and veg sticks on the salad bar.
<b>Tuesday</b>	<b>1</b>	<b>Cheesy Beef and Black Bean Quesadillas</b> Tasty tortillas filled with black beans and cheesy beef, served with optional fresh tomato salsa and natural yoghurt.
	<b>2</b>	<b>Sweet Potato and Black Bean Quesadillas</b> <span>V V DF</span> Tasty tortillas filled with black beans and sweet potato, served with optional fresh tomato salsa and natural yoghurt.
	<b>3</b>	<b>Tomato and Sesame Soup</b> <span>V V DF</span> Served with homemade focaccia bread, veg sticks and a range of salads on the salad bar.
<b>Wednesday</b> <b>Meat Free</b>	<b>1</b>	<b>Jacket Potatoes</b> <span>V V DF</span> Choice of white or sweet, served with baked beans, optional grated Davidstow cheddar, homemade coleslaw and veg sticks.
	<b>2</b>	<b>Moroccan Veggie Tagine and Cous Cous</b> <span>V V DF</span> A rich tomato sauce with chickpeas and vegetables, served with a seedy herb cous cous and steamed seasonal veg.
	<b>3</b>	<b>Oatcakes and Cornish Cheeses</b> <span>V</span> A selection of Cornish Davidstow cheddar, brie and yarg with homemade oatcakes with a range of salads on the salad bar.
<b>Thursday</b>	<b>1</b>	<b>Turkey and Spinach Burgers</b> <span>DF*</span> Homemade turkey burgers served in a Stones brioche bun, served with steamed seasonal veggies.
	<b>2</b>	<b>Beetroot and Halloumi Burgers</b> <span>V V* DF*</span> Homemade beetroot and halloumi burgers served in a Stones brioche bun, served with steamed seasonal veggies.
	<b>3</b>	<b>Loaded Potato Skins</b> <span>V V*</span> Potato skins filled with mashed potato, cheese and spring onions, served on the salad bar with a range of salads.
<b>Friday</b>	<b>1</b>	<b>Smoked Haddock Spaghetti Carbonara</b> With local smoked bacon in a creamy white sauce served with optional grated cheese and seasonal veg.
	<b>2</b>	<b>Lentil and Roasted Tomato Spaghetti</b> <span>V V DF</span> Slow cooked in a rich tomato sauce with smoked paprika, served with optional grated cheese and seasonal veggies.
	<b>3</b>	<b>Spinach and Feta Filo Pie</b> <span>V</span> Traditional Greek Pie 'Spanakopita' (this also includes garlic, nutmeg and egg filling wrapped in layers of filo pastry) served on the salad bar with olives and a range of salads.

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\***  
**DF/DF\***  
**V/V\***

Vegetarian (including no fish) or can be made veggie on request if starred  
Dairy free (including no eggs) or can be made dairy free on request if starred  
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.