



# Marlborough Lunch Menu

Monday 10<sup>th</sup> – Friday 14<sup>th</sup> December 2018

**Monday**  
**Meat Free**

1

## Macaroni Cheese with Kale and Cauliflower

Served with seasonal veggies.

V

2

## Pasta with Roasted Tomato Sauce

Wholewheat penne pasta served with roasted tomato sauce, seasonal veggies and optional grated Davidstow cheddar.

V V

3

## Oatcakes and Cornish Cheeses

V

Homemade oatcakes served on the salad bar with Davidstow cheddar, Cornish yarg, Cornish brie, salads and chutney.

**Tuesday**

1

## Breaded Fish Fingers

Cornish pollack served with wholegrain rice, optional spicy tomato sauce and seasonal veggies.

2

## Veggie Bean Chilli

Served with wholegrain rice, seasonal veggies and optional natural yogurt.

V V

3

## Herby Cheese Scones

Served with extra cheese, chutney and salads on the salad bar.

V

**Wednesday**

## Special Party Lunch!

Pizza margarita, sausage rolls (veggie and meat), hummus and breadsticks, veggie sticks and more – served party style!

V\* V\*

**Thursday**  
**Meat Free**

1

## Baked Potatoes

Choice of white or sweet, served with organic baked beans and optional grated Davidstow cheddar.

V V

2

## Squash, Potato and Chickpea Curry

Served with wholegrain rice, seasonal veggies and optional natural yogurt.

V V

3

## Curried Lentil, Tomato and Coconut Soup

V

Served with Stones maltstar and raw veggie sticks on the salad bar.

**Friday**  
**Meat Free**

1

## Marlborough Christmas Dinner!

Turkey, pigs in blankets, roasties, seasonal veggies and gravy.

2

## Marlborough Veggie Christmas Dinner!

Veggie patty, veggie sausages, roasties, seasonal veggies and gravy.

V V\*

**And a special Christmas treat for pudding!**

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.