



Marlborough Lunch Menu

Monday 3rd – Friday 7th December 2018

Monday Meat Free	1	Homemade Margerita Pizza Served with homemade coleslaw, raw veggie sticks and optional hard boiled eggs.	V V
	2	Squash, Carrot and Ginger Soup Served on the salad bar with Stones maltstar and raw veggie sticks for dunking.	V V
Tuesday	1	Beef Lasagne Served with seasonal veggies.	
	2	Roasted Veg Lasagne Served with seasonal veggies.	V V*
	3	Hummus and Homemade Breadsticks Served on the salad bar with raw veggie sticks.	V V
Wednesday Meat Free	1	Sweetcorn and Red Pepper Pancakes Served with potato wedges and seasonal veggies.	V
	2	Baked Potatoes Choice of white or sweet, served with organic baked beans and optional grated Davidstow cheddar.	V V
	3	Egg Mayo Sandwiches Made with homemade bread rolls and served with raw veggie sticks on the salad bar.	V
Thursday	1	Lamb, Tomato and Coconut Curry Served with wholegrain rice, seasonal veggies and optional natural yogurt and/or pickled chillies.	
	2	Veggie Chickpea Curry Served with wholegrain rice, seasonal veggies and optional natural yogurt and/or pickled chillies.	V V
	3	Tomato and Sesame Soup Served with Stones maltstar and raw veggie sticks on the salad bar.	V V
Friday	1	Chicken and Leek Pie Free range chicken, sweetcorn and leeks in a creamy sauce with a homemade flaky pastry lid, served with seasonal veggies	
	2	Autumn Vegetable Pie Carrots, squash, leeks and sweetcorn in a creamy sauce with a homemade flaky pastry lid, served with seasonal veggies.	V
	3	Coconut Daal Mildly spiced lentil daal served on the salad bar with homemade flat breads and raw veggie sticks.	V 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.