

Marlborough Lunch Menu



Monday 16th January – Friday 20th January 2017

Monday Meat Free	1	Jacket Potatoes Served hot with fresh seasonal coleslaw, organic baked beans, seasonal veg and 'help yourself' Cornish cheddar and butter	V DF V*
	2	Coconut Dahl Creamy mild lentil soup, made with coconut milk and spices. Served hot with Stones bread and raw veggie sticks to dunk	V DF
Tuesday	1	Salmon, broccoli and noodles Salmon chunks and broccoli, roasted with soy sauce and a sprinkle of sesame seeds. Served with whole wheat egg noodles.	DF
	2	Welsh rarebit Extra tasty cheese on toast, with Cornish cheddar and wholemeal Stones bread. Served fresh from the oven with seasonal veg.	V V*
Wednesday	1	Turkey and courgette burgers Fresh made burgers in Stones bakery buns with seasonal veggies, ketchup and pickles.	DF*
	2	Bean burgers Yummy new veggie bean burgers in Stones bakery buns with seasonal veggies, ketchup and pickles	V DF* V*
	3	Leek and potato soup Creamy and comforting local leek and potato soup served with Stones bread and raw veggie sticks to dunk	V DF* V*
Thursday	1	Fish stew with rice Prawns, Cornish whiting, potato and seasonal veg in a fresh tomato and saffron sauce served over organic brown rice.	DF*
	2	Spaghetti lentil Bolognese Our Bolognese inspired lentil sauce served with organic white fusilli, cheddar cheese and with seasonal veggies	V DF V*
Friday	1	Pasta Carbonara Fresh sauce made with Primrose Herd smoked bacon, eggs, herbs and a little Cornish cream, served with organic whole wheat penne and seasonal veggies.	DF* V*
	2	Quiche with salads Roast squash and Cornish Yarg cheese quiche served warm on the buffet bar with mixed salads.	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.