

Marlborough Lunch Menu



Monday 9th January – Friday 13th January 2017

Monday Meat Free	1	Pizza Fresh 'Margherita or 'goats cheese and rocket' pizza, with boiled free range eggs, fresh coleslaw and seasonal veggies	V DF V*
	2	Butternut squash and red lentil soup A chunky soup, served with Stones sourdough and raw veggie sticks to dunk	V DF V
Tuesday	1	Breaded fish and wedges Cornish white fish fillets, breaded in lemon zesty breadcrumbs with fresh potato wedges, fresh tomato sauce and peas	DF* V* <u>(tofu)</u>
	2	Roast vegetable lasagne Winter veg, layered with fresh béchamel sauce, organic lasagne and local cheddar served with optional potato wedges and peas.	V
Wednesday	1	Roast lamb and mash Slow roast lamb shoulder with mint sauce, mashed potato, fresh lamb gravy and seasonal veggies	DF
	2	Tomato and sesame soup A smooth and tasty tomato soup served with Stones sourdough and raw veggie sticks to dunk	V DF V
Thursday	1	Smoked salmon and pea pasta Creamy smoked salmon and pea organic fusilli with seasonal veggies	DF* V*
	2	Veggie burrito wraps Warm wraps filled with fajita veg and tofu, brown rice and cheddar, served with salads on the buffet bar.	V DF* V*
Friday	1	Sausage rolls Fresh handmade Primrose Herd pork, spinach and herb sausage rolls (with fresh flaky pastry), served hot with organic brown rice, seasonal veg and ketchup.	DF*
	2	Veggie sausage rolls Fresh handmade falafel sausage rolls (with fresh flaky pastry) served hot with organic brown rice, seasonal veg and ketchup	V DF* V*
	3	Cauliflower cheese soup A smooth and cheesy local cauli soup served with Stones sourdough and raw veggie sticks to dunk	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.