

Marlborough Lunch Menu



Monday 18th - Wednesday 20th December 2017

Monday
Meat Free

1

Macaroni Cheese

Organic white macaroni baked in a creamy cheese sauce with cauliflower and kale, topped with Cornish cheddar and crispy crumbs, and served with raw veg sticks

V

2

Chickpea Curry

Mild chickpea curry served with natural yogurt, homemade flatbreads and raw veg sticks

V DF* V*

Tuesday



1

Christmas Roast Lunch

Roast free-range Cornish turkey with roast potatoes, fresh gravy, sage and onion stuffing, cocktail sausages, spiced red cabbage with cranberry, carrots, roasted sprouts and roasted parsnips

DF



2

Veggie Christmas Roast Lunch

Linda McCartney vegetarian sausages with roast potatoes, onion gravy, sage and onion stuffing, spiced red cabbage, carrots, roasted sprouts and parsnips

V DF V

Wednesday

1

Baked Christmas Ham

Primrose Herd ham baked with honey, spices and fresh pineapple served with homemade chutney, mashed potato and seasonal veggies

DF

2

Hummus Open Sandwich

Creamy homemade hummus served on our own homemade bread with a range of salads

V DF 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.