

Marlborough Lunch Menu



Monday 10th – Friday 14th September 2018

Monday Meat Free	1	Margherita Pizza Our fresh pizzas, with homemade tomato sauce, with mozzarella and cheddar. Served with coleslaw.	V <u>V*</u> DF*
	2	Carrot and Ginger Soup Served with homemade bread and salad.	V <u>V</u>
Tuesday	1	Beef chilli Served with rice and seasonal veggies.	DF
	2	Veggie chilli Served with rice and seasonal veggies.	V DF <u>V</u>
	3	Fish cakes and tomato sauce Served with cous cous.	DF*
Wednesday	1	Sausage and mash Served with cauliflower cheese and seasonal veg.	DF*
	2	Veggie sausage and mash Served with cauliflower cheese and seasonal veg.	V DF* <u>V*</u>
Thursday	1	Shepherd's Pie Served with seasonal veg.	DF
	2	Vegan Shepherd's Pie Served with seasonal veg.	V DF <u>V</u>
Friday	1	Turkey burgers Served in a brioche bun with wedges and seasonal veg.	DF
	2	Veggie burgers Served in a brioche bun with wedges and seasonal veg.	V <u>V</u> DF

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.