



# Marlborough Lunch Menu

Monday 16<sup>th</sup> - Friday 20<sup>th</sup> October 2017

**Monday**  
**Meat Free**

1

### Vegetable Curry

Mild mixed vegetable curry served with organic, whole-grain apricot rice, Trewithen Dairy natural yogurt, and raw slaw.

V DF\* V\*

2

### Herby Cheddar Scones

Cornish cheddar and fresh herb scones, served on the salad bar with homemade chutney, extra cheddar and a range of salads

V

**Tuesday**

1

### Creamy Fish Pie

Local white fish and salmon in a creamy white sauce with boiled eggs, topped with mashed potato, and served with seasonal veggies

V DF V

2

### Tomato and Sesame Soup

Smooth and rich tomato and tahini soup served on the salad bar with homemade flatbreads and a range of salads

V\*DF\*V\*

**Wednesday**

1

### Pizza

Homemade Margherita pizza or Hawaiian (local ham and pineapple) pizza served with raw veg sticks

V

2

### Roasted Beetroot and Cornish Brie Tart

Roasted beetroot layered with Cornish Brie, baked in homemade flaky pastry and served with homemade chutney and a range of salads

**Thursday**  
**Meat Free**

1

### Moroccan Veggie Tagine

Mildly spiced butternut squash and organic apricots with a selection of other veg, slow cooked and served with organic whole-wheat seeded couscous and seasonal veg

V DF V

2

### Chickpea Frittata

Red pepper and onion chickpea frittata served on the salad bar with homemade chutney and a range of salads

V DF V

**Friday**

1

### Shepherd's Pie

Shepherd's Pie made with local, organic mutton, topped with fluffy mashed potato and served with seasonal veggies

DF\*

2

### Vegetarian Shepherd's Pie

Vegetable and Lentil Shepherd's Pie topped with fluffy mashed potato served with seasonal veggies

V DF V

3

### Smoked Mackerel Pate

Creamy smoked mackerel pate served on homemade soda bread on the salad bar with a range of salads

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.