

# Marlborough Lunch Menu



Monday 23rd January – Friday 27th January 2017

<b>Monday</b> <b>Meat Free</b>	<b>1</b>	<b>Pizza</b> Fresh Margherita or Florentine (spinach and egg) pizza, with boiled free range eggs, fresh coleslaw and seasonal veggies	<b>V DF* V*</b>
	<b>2</b>	<b>Spicy noodle soup</b> Mildly spiced tofu and noodle soup with coconut milk and sugar snap peas, pitta bread and veg sticks to dunk	<b>V DF V</b>
<b>Tuesday</b>	<b>1</b>	<b>Lamb, tomato and kale pasta</b> Organic penne pasta with tomato, slow cooked lamb and chopped kale sauce, served with cheddar and olives to accompany.	<b>DF V*</b>
	<b>2</b>	<b>Roast squash and brie tart</b> Open flaky pastry tart topped with crunchy seeds, served warm on the buffet bar with mixed salads.	<b>V</b>
<b>Wednesday</b>	<b>1</b>	<b>Ham and leek pie</b> Chopped Cornish ham, local leek and white beans in creamy sauce with flaky pastry lid, served with mash and seasonal veg.	<b>DF*</b>
	<b>2</b>	<b>Sweetcorn pancakes</b> Sweetcorn and red pepper fresh savoury pancakes served hot with mash and seasonal veggies and optional chilli jam/ketchup	<b>V V* DF*</b>
<b>Thursday</b>	<b>1</b>	<b>Fish cakes in tomato sauce</b> Our homemade Cornish fish cakes, served hot in a mildly spiced tomato sauce with organic brown rice and seasonal veggies	
	<b>2</b>	<b>Bean and cheese quesadillas</b> Melly tortilla toasties, served fresh with organic brown rice, sour cream and seasonal veggies	<b>V DF* V*</b>
<b>Friday</b>	<b>1</b>	<b>Beef Brisket roast dinner</b> Slow cooked beef, fresh roast potatoes, beef gravy, cauliflower cheese and seasonal veggies.	<b>DF</b>
	<b>2</b>	<b>Veggie roast dinner</b> Our homemade beetroot and feta balls, fresh roast potatoes, onion gravy, cauliflower cheese and seasonal veggies.	<b>V</b>
	<b>3</b>	<b>Carrot and cumin soup</b> Smooth local carrot soup served with Stones bread, butter and raw veggie sticks for dunking.	<b>V DF V</b>

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.

<b>V/V*</b>	Vegetarian (including no fish) or can be made veggie on request if starred
<b>DF/DF*</b>	Dairy free (including no eggs) or can be made dairy free on request if starred
<b>V/V*</b>	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.