

# Marlborough Lunch Menu



Monday 5<sup>th</sup> - Friday 9<sup>th</sup> June 2017

<b>Monday</b> Meat Free	1	<b>Pizza</b> Fresh Margherita pizza with boiled free range eggs, fresh coleslaw and seasonal veggies.	V DF* <u>V*</u>
	2	<b>Carrot and Red Lentil Soup</b> Mildly spiced smooth carrot and red Lentil Soup served with homemade soda bread and veg sticks.	V DF* <u>V*</u>
<b>Tuesday</b> Meat Free	1	<b>Baked Potatoes</b> Baked Potato or Baked Sweet Potato served with organic baked beans, Cornish cheddar and seasonal veggies	V DF <u>V*</u>
	2	<b>Spinach Falafel Sausage Roll</b> Spinach Falafel mix wrapped in homemade flaky pastry served on the salad bar with tomato relish and a range of salads	V
<b>Wednesday</b>	1	<b>Creamy Fish Pie</b> Local white fish in a creamy white sauce with boiled eggs topped with mashed potato served with seasonal veggies	DF* <u>V*</u>
	2	<b>Vegetable Burritos</b> Mixed fajita vegetables and black beans wrapped in a whole-wheat tortillas served with tomato salsa and whole-wheat cous cous on the salad bar with a range of salads	V DF <u>V</u>
<b>Thursday</b>	1	<b>Chicken Curry</b> Local Free-Range Chicken in a mild curry sauce served with natural yogurt, brown basmati apricot rice and seasonal veggies	DF
	2	<b>Chickpea Curry</b> Mild Chickpea curry served with natural yogurt, brown basmati apricot rice and seasonal veggies	V DF <u>V</u>
	3	<b>Spanish Omelette</b> Baked omelette with potato served warm on the salad bar with a range of salads	V
<b>Friday</b>	1	<b>Spaghetti Bolognese</b> Local, organic beef in a tomato sauce served with organic white spaghetti and Cornish cheddar	
	2	<b>Lentil Bolognese</b> Herby lentil and vegetable Bolognese served with organic white spaghetti and Cornish cheddar	V DF* <u>V*</u>
	3	<b>Smoked Mackerel Pate</b> Creamy smoked mackerel pate served on Stones Bread on the salad bar with veg sticks	

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