



Marlborough Lunch Menu

Monday 29th January – Friday 2nd February 2018

Monday Meat Free	1	Pizza Homemade Margherita pizza or sundried tomato, olive and red pepper pizza served with hard boiled eggs and raw veg sticks	V DF* V*
	2	Creamy Coconut Daal Creamy Coconut Daal served on the salad bar with homemade spinach flatbreads and a range of salads	V DF V
Tuesday	1	Smoked Salmon and Pea Creamy Pasta Organic whole-wheat penne pasta with smoked salmon, peas and herbs in béchamel sauce, served with seasonal veg.	
	2	Spinach and Pea Pasta Salad Wilted spinach and peas with whole-wheat penne pasta and spinach pesto served on the salad bar with a range of salads	V DF V
Wednesday	1	Mutton Curry Local organic mutton cooked in a mild curry sauce served with organic brown basmati rice and seasonal veggies	DF
	2	Chickpea Curry Mild Chickpea curry served with organic brown basmati rice and seasonal veggies	V DF V
	3	Hummus Sandwich Creamy homemade hummus served with our homemade spinach flatbreads with a range of salads	V DF V
Thursday	1	Sausage Roll Primrose herd sausage meat with apricots and spinach wrapped in homemade flaky pastry served with whole-wheat seeded cous cous, a lightly spiced tomato sauce and seasonal veggies	DF*
	2	Vegetarian Sausage Roll Vegan sausage mix with apricots and spinach wrapped in homemade flaky pastry, served with whole-wheat seeded cous cous, a lightly spiced tomato sauce and seasonal veggies	V*DF*V*
	3	Minestrone Soup Chunky tomato, pasta and vegetable soup served with homemade bread and a range of salads	V DF V
Friday	1	Beef Chilli Slow cooked, mild organic beef and bean chilli served with crispy potato wedges and seasonal veg.	DF
	2	Bean Chilli Slow cooked, mixed bean chilli served with crispy potato wedges and seasonal veg.	V DF V
	3	Savoury Flapjacks Cornish cheddar, carrot and vegetable savoury flapjacks served with a range of salads	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.