

Marlborough Lunch Menu



Monday 15th – Friday 19th May 2017

Monday Meat Free	1	Pizza Fresh Margherita pizza, with boiled free range eggs, fresh coleslaw and seasonal veggies to accompany.	V DF* <u>V*</u>
	2	Butternut Squash soup Chunky butternut, herb and split pea soup, with pitta breads and raw veggie sticks to dunk.	V DF <u>V</u>
Tuesday	1	Chorizo patatas bravas Baked cubed potato and chorizo, spiced with smoky paprika, served with optional lemon aioli and seasonal veggies	DF
	2	Veggie patatas bravas Baked cubed potato and chickpeas, spiced with smoky paprika, served with optional lemon aioli and seasonal veggies	V DF <u>V</u>
	3	Smoked mackerel pate open sandwiches Zesty and creamy pate, with cucumber on top of Stones bread, on the buffet bar with a mix of salads	
Wednesday National Vegetarian	1	Aubergine spaghetti Organic spaghetti, with aubergine in slow cooked organic tomato sauce, optional cheddar cheese and seasonal veggies	V DF <u>V</u>
	2	Cheese and Chive scones Fresh baked savoury scones, with optional homemade tomato chutney, salads on the buffet bar and Cornish brie cheese.	V
week extra meat free day			
Thursday	1	Lamb kofta kebabs Mildly spiced lamb and apricot kebabs on sticks with sweet pomegranate drizzle, herby whole wheat couscous, natural yoghurt and seasonal veggies	DF*
	2	Bean chilli Delicious and rich, mildly spiced bean chilli, served with brown basmati rice, natural Cornish yoghurt and seasonal veggies	V DF <u>V</u>
Friday	1	Pasta with Cornish fish, tomato and olives Organic fusilli pasta served with Cornish white fish in tomato sauce with green olives and seasonal veg.	DF
	2	Pasta with tomato and olives Organic fusilli pasta served with tomato sauce with green olives, cheese and seasonal veg.	V DF <u>V</u>
	3	Boiled egg salad bar Stones bread, hummus and boiled eggs on the salad bar with a mix of other fresh seasonal items.	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