



# Marlborough Lunch Menu

**Monday 5<sup>th</sup> – Friday 9<sup>th</sup> February 2018**

## Monday Meat Free

- 1 Macaroni Cheese** V  
Organic white macaroni baked in a creamy cheese sauce with cauliflower and kale, topped with Cornish cheddar and crispy crumbs, and served with raw veg sticks
- 2 Creamy Coconut Daal** V DF V  
Creamy Coconut Daal served on the salad bar with homemade spinach flatbreads and a range of salads

## Tuesday

- 1 Hunters Chicken Stew** DF  
Local, free-range chicken breast cooked in a tomato sauce with olives, served with whole wheat seeded cous cous, and seasonal veggies
- 2 Veggie Sausages** V DF V  
Linda McCartney vegan sausages in a tomato and olive sauce, served with whole wheat seeded cous cous, and seasonal veggies
- 3 Smoked Mackerel Pate**  
Creamy smoked mackerel pate served on homemade soda bread on the salad bar with a range of salads

## Wednesday

- 1 Shepherd's Pie** DF\*  
Shepherd's Pie made with local, organic lamb, topped with fluffy mashed potato and served with seasonal veggies
- 2 Vegetarian Shepherd's Pie** V DF V  
Vegetable and lentil Shepherd's pie topped with fluffy mashed potato served with seasonal veggies
- 3 Egg and Cress Open Sandwich** V  
Free range egg, mayonnaise and cress on homemade bread served on the salad bar with a range of salads

## Thursday

- 1 Breaded Local Mackerel** DF\*  
Local mackerel fillet coated in crispy crumbs, served with a lightly spiced tomato sauce, organic wholegrain rice, and seasonal veggies
- 2 Breaded Veggie Patty** V DF V  
Vegetarian sausage patty coated in crispy crumbs served with a lightly spiced tomato sauce, organic wholegrain rice, and seasonal veggies
- 3 Creamy Cauliflower and Cornish Cheddar Soup** V  
Creamy cauliflower and Cornish cheddar soup served on the salad bar with homemade soda bread and raw veg sticks

## Friday

- 1 Ham and Mushroom Lasagne**  
Local baked ham in a creamy mushroom sauce layered with organic white lasagne, topped with Cornish cheddar and served with seasonal veg
- 2 Carrot and Lentil Soup** V DF V  
Smooth carrot, red lentil and ginger soup served on the salad bar with homemade bread and raw 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 in doubt, please don't hesitate to ask for advice in the school office.