



Marlborough Lunch Menu

Monday 11th – Friday 15th March 2019

Monday Meat Free	1	Macaroni Cheese with Kale and Cauliflower V Made with wholewheat penne pasta and Cornish Davidstow cheddar, served with roasted tomatoes and sweetcorn.
	2	Pasta with Tomato Sauce V V Wholewheat penne pasta served with sweetcorn and optional grated Davidstow cheddar.
	3	Curried Lentil, Tomato and Coconut Soup V V Served on the salad bar with Stones bread and raw veggie sticks.
Tuesday	1	Sausages and Potato Wedges Served with seasonal veggies.
	2	Veggie Sausages and Potato Wedges V V Served with seasonal veggies.
	3	Smoked Mackerel Pate Open Sandwiches Served on the salad bar with homemade bread and salads.
Wednesday Meat Free	1	Jacket Potatoes V V Choice of white or sweet, served with organic baked beans, optional grated Davidstow cheddar and homemade coleslaw.
	2	Veggie Bean Chilli V V Mildly spicy beef chilli, served with wholegrain cous cous, optional natural yoghurt, pickled chillies and seasonal veggies.
	3	Oatcakes and Cornish Cheeses V Served on the salad bar with raw veggie sticks, salads, chutney and homemade coleslaw.
Thursday	1	Fishcakes, Tomato Sauce and Rice Served with wholegrain rice, optional spicy tomato sauce and seasonal veggies.
	2	Bean Burgers, Tomato Sauce and Rice V V Served with wholegrain rice, optional spicy tomato sauce and seasonal veggies.
	3	Tomato and Sesame Soup V V Served with raw veggie sticks and homemade bread on the salad bar.
Friday	1	Pasta Bolognese Made with wholewheat penne pasta and served with optional grated Davidstow cheddar and seasonal veggies.
	2	Pasta with Lentil Bolognese V V Made with wholewheat penne pasta and served with optional grated Davidstow cheddar and seasonal veggies.
	3	Hummus and Homemade Breadsticks V V Served on the salad bar with raw veggie 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*
DF/DF*
V/V*

Vegetarian (including no fish) or can be made veggie on request if starred
Dairy free (including no eggs) or can be made dairy free on request if starred
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.