

# Marlborough Lunch Menu



Monday 13<sup>th</sup> February - Friday 17<sup>th</sup> March 2017

<b>Monday</b> <b>Meat Free</b>	<b>1</b>	<b>Pizza</b> Fresh Margherita or 'special of the day' pizza, with boiled free range eggs, fresh coleslaw and seasonal veggies to accompany.	<b>V DF* V*</b>
	<b>2</b>	<b>Indian fish soup</b> Mild and creamy, rice and coconut fish soup with Stones bread and raw veggie sticks to dunk, optional pickled chillies on top	<b>DF</b>
<b>Tuesday</b>	<b>1</b>	<b>Beef chilli with rice</b> Mild Cornish beef mince chilli con carne with organic brown rice, natural yoghurt, optional pickled chilli and seasonal veggies	<b>DF</b>
	<b>2</b>	<b>Spinach and ricotta cannelloni</b> Baked filled pasta, covered in tomato sauce and cheese with seasonal veggies	<b>V V* DF*</b>
<b>Wednesday</b>	<b>1</b>	<b>Turkey and courgette burgers</b> Fresh handmade burgers in Stones brioche buns with tomato, pickles and seasonal veggies	<b>DF*</b>
	<b>2</b>	<b>Carrot and halloumi burgers</b> New recipe veggie burgers in Stones brioche buns with tomato, pickles and seasonal veggies	<b>V</b>
	<b>3</b>	<b>Tomato pasta salad bar</b> Roast cherry tomato and basil pasta salad on the buffet bar with a range of other salad bits.	<b>V DF V</b>
<b>Thursday</b>	<b>1</b>	<b>Stargazy Pie</b> Cornish mackerel, bacon and boiled egg creamy pastry topped pie, with seasonal veggies (without bacon for our pescatarians)	<b>V DF V</b>
	<b>2</b>	<b>Hummus salad wraps</b> Homemade hummus, and seasonal roast veg salad tortilla wraps with a mix of other bits on the buffet bar.	
<b>Friday</b>	<b>1</b>	<b>Pork roast dinner</b> Pot roast local pork loin, fresh apple sauc, roast potatoes, homemade meat gravy and seasonal veggies	<b>DF</b>
	<b>2</b>	<b>Vegan roast dinner</b> Linda McCartney sausages, fresh apple sauce, roast potatoes, onion gravy and seasonal veggies	<b>V DF V</b>
	<b>3</b>	<b>Carrot, tomato and turmeric soup</b> Smooth, mildly spiced soup with Stones bread, butter and raw veggie sticks to dunk.	<b>V DF V</b>

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.

<b>V/V*</b>	Vegetarian (including no fish) or can be made veggie on request if starred
<b>DF/DF*</b>	Dairy free (including no eggs) or can be made dairy free on request if starred
<b>V/V*</b>	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.