

Marlborough Lunch Menu



Monday 11th June – Friday 15th June 2018

Monday Meat Free	1	Lentil Bolognese pasta Marlborough's yummy herby lentil and tomato sauce stirred through organic wholegrain penne with Cornish cheddar and seasonal veg.	V DF* V*
	2	Corn Chowder Creamy soup made with potato and fresh corn on the cob, served with cheesy soda bread and veg sticks for dunking.	V
Tuesday	1	Stir fried beef noodles Strips of beef, peppers and carrot stir fried with noodles in a fresh ginger, garlic and soy chow mein sauce.	DF V*
	2	Veggie lasagne Roast butternut, aubergine and courgette with tomato and béchamel sauce and organic pasta layers. With fresh garlic bread.	V
Wednesday	1	Pork Roast Dinner Slow roast pulled pork, roast potatoes, apple sauce and veggies with fresh gravy.	DF
	2	Veggie roast dinner Linda McCartney vegan sausages, roast potatoes, apple sauce and veggies with fresh gravy.	V DF V
	3	Oatcakes and cheese Fresh baked oatcakes with Cornish Yarg, hummus and a range of salads on the buffet bar.	V
Thursday	1	Lamb curry Mildly spiced tomato and coconut based slow cooked lamb curry served with organic brown rice, natural yoghurt, fresh mango and raw veggie sticks.	DF
	2	Homity Pies Little flaky pastry cups filled with mustardy cheesy baked potato served with a range of salad options.	V V**
Friday	1	Breaded Mackerel Served with herby bulgar wheat, yoghurt and cucumber tzatziki and seasonal veggies.	
	2	Chickpea tagine Moroccan style seasonal veg, chickpea and apricot tagine, served with herby bulgar wheat and yoghurt and cucumber tzatziki.	V DF 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.