

Marlborough Lunch Menu



Monday 10th - Friday 14th July 2017

Monday
Meat Free

1

Pizza

Fresh Margherita pizza or sundried tomato and olive pizza with boiled free range eggs and a chopped mixed salad

V DF* V*

2

Veggie Lasagne

Lots of yummy vegetables layered with a creamy béchamel sauce and organic lasagne, topped with Cornish cheddar and served with homemade garlic bread and a chopped mixed salad

V

Tuesday

1

Creamy Fish Pie

Local white fish and salmon in a creamy white sauce with boiled free range eggs, topped with mashed potato and served with seasonal veggies

2

Vegetarian Shepherd's Pie

Vegetable and Lentil Shepherd's Pie topped with fluffy mashed potato and served with seasonal veggies

V DF V

Wednesday

1

Turkey Burgers

Turkey and Courgette Burgers served in Stones Brioche buns with homemade tomato relish and veg sticks

DF*

2

Bean Burgers

Homemade Bean Burgers served in Stones buns with homemade tomato relish and veg sticks

V DF V

3

Hummus and Stones Bread

Homemade Hummus, served on the salad bar with Stones bread and a range of salads

V DF V

Thursday

1

Tuna and Olive Pasta Bake

Tuna and green olives in a creamy white sauce baked with organic whole wheat penne pasta, topped with Cornish cheddar and served with seasonal veggies

2

Tomato and Sesame Soup

Tomato and Sesame Soup served on the salad bar with Stones Bread and veg sticks

V DF V

Friday

1

Chicken Roast Dinner

Roast free-range Cornish chicken, with roast potatoes, fresh chicken gravy, crispy chicken skin and seasonal veggies

DF

2

Vegan Roast Dinner

Linda McCartney veggie sausages with roast potatoes, onion gravy and seasonal veggies

V DF V

3

Roasted Vegetable Pasta Salad

Roasted Vegetable and Butterbean Pasta Salad served on the salad bar with a range of salads.

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.