



Marlborough Lunch Menu

Monday 17th June – Friday 21st June 2019

Monday
Meat Free

- 1 Pizza Margherita** V V* DF*
Cheddar, mozzarella and tomato baked on a handmade dough base, served with optional coleslaw, veg sticks or steamed veg.
- 2 Brie, Courgette and Rocket Pizza** V V* DF*
Made with a handmade dough base, served with optional coleslaw, veg sticks or steamed veg.
- 3 Pearl Barley and Ginger Soup** V V DF
Served with homemade bread and salads on the salad bar.

Tuesday

- 1 Sausage and Butter Bean Stew** DF
Made with locally sourced chipolata sausages & butter beans, served with swede and carrot mash and steamed veg.
- 2 Veggie Bean Enchiladas** V V* DF*
Roasted med veg and black beans in a rich tomato sauce wrapped in a soft tortilla wrap, baked and topped with cheese.
- 3 Broad Bean and Yarg Cheese Frittata** V
Using freshly steamed broad beans and herbs from the garden. Served with salads on the salad bar.

Wednesday

- 1 Jacket Potatoes** V V DF
Choice of white or sweet, served with baked beans, optional grated Davidstow cheddar, homemade coleslaw and veg.
- 2 Spinach and Chickpea Curry** V V DF
Rich and creamy coconut based curry, served with organic wholemeal basmati rice and steamed veg.
- 3 Smoked Mackerel Pate Open Sarnies**
Served on Stones white bread with salads on the salad bar.

Thursday

- 1 Spaghetti Bolognese** DF
Locally sourced beef mince, slowly cooked with veggies in a rich tomato sauce, served with steamed broccoli.
- 2 Spaghetti Lentil Bolognese** V V DF
Red split lentils slowly cooked with veggies in a rich tomato sauce, served with steamed broccoli.
- 3 Herby Cheese Scones** V
Freshly baked and served on the salad bar with a range of salads.

Friday

- 1 Hunters Chicken Tray Bake** DF
Chicken pieces baked with mixed colour peppers and black olives in a tomato sauce. Served with potato and celeriac gratin and veg.
- 2 Greek Vegetable Bake** V V* DF*
Diced potatoes, courgette, tomato & olives topped with feta and breadcrumbs. Served with potato and celeriac gratin and veg.
- 3 Thai Coconut Soup** V V DF
Fragrant flavours of Thailand, ginger, lemongrass, lime and coriander with organic coconut milk. Served with Stones baguette and salads on the salad bar.

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.