



Marlborough Lunch Menu

Monday 30th October – Friday 3rd November 2017

Monday
Meat Free

- 1 Butternut Squash and Pea Risotto** V DF* V*
Roasted butternut squash and pea risotto served with seasonal veggies and a sprinkle of cheese
- 2 Egg and Cress Open Sandwich** V
Free range egg, mayonnaise and cress on Stones bread served on the salad bar with a range of salads

Tuesday

- 1 Ham and Mushroom Lasagne**
Local baked ham in a creamy mushroom sauce layered with organic white lasagne, topped with Cornish cheddar and served with seasonal veg
- 2 Roasted Vegetable Lasagne** V
Roasted vegetables in a creamy mushroom sauce layered with organic lasagne verdi, topped with Cornish cheddar and served with seasonal veg
- 3 Curried Parsnip Soup** V DF V
Mildly spiced, sweet and smooth curried parsnip soup served on the salad bar with homemade half and half bread and a range of salads

Wednesday

- 1 Pizza** V*DF*V*
Homemade Margherita pizza or Hawaiian (local ham and pineapple) pizza served with raw veg sticks
- 2 Smoked Mackerel Pate** V
Creamy smoked mackerel pate served on homemade soda bread on the salad bar with a range of salads

Thursday

- 1 Lamb and Bean Hot Pot** DF
Local, organic lamb and mixed beans slow cooked in a rich tomato sauce served with crispy potato wedges and seasonal veg
- 2 Mixed Bean Hot Pot** V DF V
A mix of organic beans slow cooked in a rich tomato sauce served with crispy potato wedges and seasonal veg
- 3 Leek and Potato Soup** V DF* V*
Smooth and creamy leek and potato soup served on the salad bar with homemade half and half bread and a range of salads

Friday

- 1 Creamy Chicken Pie**
Cornish free-range chicken, leek and sweetcorn cooked in a creamy white sauce, topped with homemade flaky pastry and served with seasonal veggies
- 2 Creamy Veggie Pie** V
Buttery carrots, leeks and sweetcorn cooked in a creamy white sauce topped with homemade flaky pastry and served with seasonal veggies
- 3 Creamy Coconut Daal** V DF V
Creamy Coconut Daal served on the salad bar with homemade flatbreads and a range of salads

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.