

Marlborough Lunch Menu



Thursday 4th - Friday 5th January 2018

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| Thursday | 1 | Baked Potatoes
Baked sweet or white potatoes served with organic baked beans, Cornish cheddar cheese, hard boiled eggs and coleslaw | V DF* <u>V*</u> |
| | 2 | Herby Cheddar Scones
Cornish cheddar and fresh herb scones, served with homemade chutney, extra cheddar and a range of salads | V |
| Friday | 1 | Tuna Pasta Bake
Organic whole-wheat fusilli pasta baked with tuna and sweetcorn in a creamy white sauce, topped with Cornish cheddar and served with seasonal veggies | |
| | 2 | Tomato and Sesame Soup
Tomato and Sesame Soup served on the salad bar with homemade bread and a range of salads | V DF <u>V</u> |

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.