



# Marlborough Lunch Menu

Monday 15<sup>th</sup> – Friday 19<sup>th</sup> January 2018

<b>Monday</b> Meat Free	<b>1</b>	<b>Macaroni Cheese</b> Organic white macaroni baked in a creamy cheese sauce with cauliflower and kale, topped with Cornish cheddar and crispy crumbs, and served with raw veg sticks	V
	<b>2</b>	<b>Macaroni Bake</b> Organic white macaroni baked in a rich tomato and sesame sauce with cauliflower and kale, served with raw veg sticks	V DF V
	<b>3</b>	<b>Egg and Cress Open Sandwich</b> Free range egg, mayonnaise and cress on homemade bread served on the salad bar with a range of salads	V
<b>Tuesday</b>	<b>1</b>	<b>Herb Crusted Salmon</b> Freshly baked side of salmon coated in crispy, herby breadcrumbs, served with a lightly spiced tomato sauce, organic brown basmati rice, and seasonal veggies	DF
	<b>2</b>	<b>Leek and Potato Soup</b> Smooth and creamy leek and potato soup served on the salad bar with homemade bread and a range of salads	V DF* V*
<b>Wednesday</b>	<b>1</b>	<b>Pasta with Pork Ragù</b> Organic whole-wheat fusilli pasta served with slow cooked pork and tomato sauce with cheddar cheese and seasonal veggies	DF
	<b>2</b>	<b>Pasta with Lentil Ragù</b> Organic whole-wheat fusilli pasta served with a vegetable, lentil and tomato sauce with cheddar cheese and seasonal veggies	V DF V
	<b>3</b>	<b>Beetroot, Goat's Cheese and Cornish Brie Tart</b> Roasted beetroot layered with creamy goat's cheese and Cornish brie, baked in homemade flaky pastry and served with homemade chutney and a range of salads	V
<b>Thursday</b>	<b>1</b>	<b>Turkey Burgers</b> Homemade turkey burgers served in Stones brioche buns with seasonal veggies	DF*
	<b>2</b>	<b>Minestrone Soup</b> Chunky tomato, pasta and vegetable soup served with homemade bread and a range of salads	V DF V
<b>Friday</b>	<b>1</b>	<b>Shepherd's Pie</b> Shepherd's Pie made with local, organic mutton, topped with fluffy mashed potato and served with seasonal veggies	DF*
	<b>2</b>	<b>Vegetarian Shepherd's Pie</b> Vegetable and Lentil Shepherd's Pie topped with fluffy mashed potato served with seasonal veggies	V DF V
	<b>3</b>	<b>Pea and Ham Soup</b> Smooth pea and local ham soup served on the salad bar with homemade bread and a range of salads	DF

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.