



Marlborough Lunch Menu

Monday 14th – Friday 18^h May 2018

Monday Meat Free	1	Pizza Homemade Margherita pizza or sundried tomato, olive and red pepper pizza served with hard boiled eggs and seasonal veggies	V DF* <u>V*</u>
	2	Spinach and Pea Pasta Salad Wilted spinach and peas with whole-wheat penne pasta and spinach pesto served on the salad bar with a range of salads	V DF <u>V</u>
Tuesday	1	Pulled Pork Noodles Primrose Herd shoulder of pork, slow cooked in a sesame and soy, honey sauce shredded and served with Asian style rice noodles and stir fried veggies	DF
	2	Asian style Veggie Noodles Stir-fried veggies with a sesame and soy sauce, served with Asian style rice noodles	V DF <u>V</u>
	3	Creamy Cauliflower Soup Smooth and creamy Cornish cauliflower and Cornish cheddar soup served with homemade bread and a range of salads	V
Wednesday	1	Beef Chilli Slow cooked, mild organic beef and bean chilli served with organic, brown basmati rice and seasonal veg.	DF
	2	Bean Chilli Slow cooked, mixed bean chilli served with organic, brown basmati rice, and seasonal veg.	V DF <u>V</u>
	3	Hummus Wrap Creamy homemade hummus and grated carrot served in organic wholegrain tortilla wraps with a range of salads	
Thursday	1	Smoked Salmon and Pea Creamy Pasta Organic whole-wheat penne pasta with smoked salmon, peas and herbs in béchamel sauce, served with seasonal veg.	
	2	Carrot and Red Lentil Soup Mildly spiced smooth carrot and red lentil soup served with homemade half and half bread and a range of salads	V DF <u>V</u>
Friday	1	Turkey Burgers Homemade turkey and spinach burgers served in Stones brioche buns with crispy potato wedges and seasonal veggies	DF*
	2	Tomato and Sesame Soup Rich and smooth tomato and tahini soup served 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.