



# Marlborough Lunch Menu

Monday 6<sup>th</sup> – Friday 10<sup>th</sup> November 2017

<b>Monday</b> Meat Free	1	<b>Baked Potatoes</b> Baked sweet or white potatoes served with organic baked beans, Cornish cheddar cheese and raw veg sticks.	V DF V
	2	<b>Carrot and Red Lentil Soup</b> Mildly spiced smooth carrot and red lentil soup served with homemade half and half bread and raw veg sticks.	V DF V
<b>Tuesday</b>	1	<b>Mutton Curry</b> Local organic mutton cooked in a mild curry sauce served with natural yogurt, organic brown basmati rice and seasonal veggies	DF
	2	<b>Chickpea Curry</b> Mild Chickpea curry served with natural yogurt, organic brown basmati rice and seasonal veggies	V DF V
	3	<b>Loaded Potato Skins</b> Crispy potato skins stuffed with Cornish cheddar and yummy veggies, served with a range of salads	V
<b>Wednesday</b>	1	<b>Pork Sausages</b> Primrose Herd pork chipolata sausages cooked on a bed of shredded cabbage, served with crispy potato wedges and seasonal veggies	DF
	2	<b>Veggie Sausages</b> Linda McCartney veggie sausages served on a bed of shredded cabbage, with crispy potato wedges and seasonal veggies	V DF V
	3	<b>Hummus Open Sandwich</b> Homemade hummus on Stones maltstar bread served with a range of salads	V DF V
<b>Thursday</b>	1	<b>Breaded Fish</b> Freshly baked fish fillet coated in crispy crumbs served with a lightly spiced tomato sauce, organic whole-wheat seeded cous cous, and seasonal veggies	DF*
	2	<b>Breaded Veggie Patty</b> Vegetarian sausage patty coated in crispy crumbs served with a lightly spiced tomato sauce, organic whole-wheat seeded cous cous, and seasonal veggies	V DF V
	3	<b>Tomato and Sesame Soup</b> Tomato and Sesame Soup served on the salad bar with homemade half and half bread and a range of salads	V DF V
<b>Friday</b>	1	<b>Macaroni Cheese</b> Organic white macaroni baked with a creamy cheese sauce, topped with Cornish cheddar and crispy crumbs and served with seasonal veggies	V
	2	<b>Pea and Ham Soup</b> Smooth, yellow pea and local ham soup served on the salad bar with homemade bread and a range of salads	V*DF V*

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.