



Marlborough Lunch Menu

Monday 9th - Friday 13th October 2017

Monday Meat Free	1	Baked Potatoes Baked sweet or white potatoes served with organic baked beans, Cornish cheddar cheese and coleslaw	V DF* V*
	2	Creamy Coconut Daal Creamy Coconut Daal served on the salad bar with homemade flatbread and a range of salads	V DF V
Tuesday	1	Breaded Mackerel Local mackerel fillet coated in crispy crumbs, served with a lightly spiced tomato sauce, organic wholegrain rice, and seasonal veggies	DF*
	2	Chickpea Curry Mild chickpea curry served on the salad bar with homemade flatbread, homemade chutney and a range of salads	V DF V
Wednesday	1	Pasta with Pork Ragu Organic whole-wheat fusilli pasta served with slow cooked pork and tomato sauce with cheddar cheese and seasonal veggies	DF*
	2	Pasta with Veggie Ragu Organic whole-wheat fusilli pasta served with a vegetable, lentil and tomato sauce with cheddar cheese and seasonal veggies	V DF* V*
	3	Stuffed Potato Skins Crispy potato skins stuffed with Cornish cheddar and yummy veggies, served on the salad bar with a range of salads	V DF* V*
Thursday	1	Pasta Puttanesca Bake Organic whole-wheat pasta baked with tuna, in a tomato and olive sauce, topped with Cornish cheddar and served with seasonal veggies	V*DF*V*
	2	Pea and Ham Soup Smooth, yellow pea and local ham soup served on the salad bar with homemade bread and a range of salads	V*DF*V*
Friday	1	Turkey Burgers Turkey and Courgette Burgers served in Stones Brioche buns with potato wedges and raw veg sticks	DF*
	2	Beetroot Burgers Homemade beetroot and halloumi burger served in Stones buns with potato wedges and raw veg sticks	V
	3	Hummus Open Sandwich Homemade hummus on homemade half and half or Stones bread, served with raw veg sticks	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.