



# Marlborough Lunch Menu

Monday 26<sup>th</sup> February – Friday 2<sup>nd</sup> March 2018

<b>Monday</b> Meat Free	1	<b>Pizza</b> Homemade Margherita pizza or sundried tomato, olive and red pepper pizza served with hard boiled eggs and raw veg sticks	V DF* <u>V*</u>
	3	<b>Herby Cheddar Scones</b> Cornish cheddar and fresh herb scones, served with homemade chutney, extra cheddar and a range of salads	V
<b>Tuesday</b>	1	<b>Lamb Curry</b> Local, organic lamb cooked in a mild tomato and coconut curry sauce served with organic brown basmati rice and seasonal veggies	DF
	2	<b>Chickpea Curry</b> Mild Chickpea, tomato and coconut curry served with organic brown basmati rice and seasonal veggies	V DF <u>V</u>
	3	<b>Savoury Flapjack</b> Cornish cheddar, carrot and vegetable savoury flapjacks served with a range of salads	V
<b>Wednesday</b>	1	<b>Spaghetti Bolognese</b> Local, organic beef cooked in a rich tomato sauce served with organic whole-wheat spaghetti, Cornish cheddar, and seasonal veggies	DF
	2	<b>Spaghetti Lentil Bolognese</b> Red lentil and vegetable bolognese sauce served with organic whole-wheat spaghetti, Cornish cheddar, and seasonal veggies	V DF <u>V</u>
	3	<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>Thursday</b>	1	<b>Tuna Pasta Bake</b> 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	<b>Spinach and Pea Pasta Salad</b> 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>
<b>Friday</b>	1	<b>Roast Venison</b> Roasted West country wild venison served with roast potatoes, freshly made gravy, and seasonal veggies	DF
	2	<b>Veggie Roast</b> Vegetarian sausage patty coated in crispy crumbs served with roast potatoes, onion gravy, and seasonal veggies	V DF <u>V</u>
	3	<b>Carrot and Red Lentil Soup</b> Mildly spiced smooth carrot and red lentil 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.