



Marlborough Lunch Menu

Tuesday 8th May – Friday 10th May 2018

Tuesday	1	Baked Potatoes Baked sweet or white potatoes served with organic baked beans, Cornish cheddar cheese, hard boiled eggs and raw veg sticks	V DF* <u>V*</u>
	2	Smoked Mackerel Pate Creamy smoked mackerel pate served on homemade soda bread with a range of salads	
Wednesday	1	Pork Sausages Primrose Herd pork chipolata sausages cooked on a bed of shredded cabbage, served with whole-wheat seeded cous cous, onion gravy and seasonal veggies	DF*
	2	Veggie Sausages Vegetarian sausages served with whole-wheat seeded cous cous, onion gravy and seasonal veggies	V DF <u>V</u>
	3	Hummus Open Sandwich Creamy homemade hummus served with our homemade bread and a range of salads	V DF <u>V</u>
Thursday	1	Herb Crusted Salmon Freshly baked side of salmon coated with herby, lemony breadcrumbs, served with crushed new season potatoes, homemade tartare sauce, and seasonal veggies	DF
	2	Crispy Veggie Patty Vegetarian sausage patty coated in crispy crumbs served with crushed new season potatoes and seasonal veggies	V DF <u>V</u>
	3	Roasted Beetroot and Cornish Brie Tart Roasted beetroot layered with Cornish Brie, baked in homemade flaky pastry and served with homemade chutney, plus a range of salads	V
Friday	1	Ham and Mushroom Lasagne Local baked ham in a creamy mushroom sauce layered with organic white lasagne, topped with Cornish cheddar and served with seasonal veg	
	2	Minestrone Soup Chunky tomato, pasta and vegetable 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.