



Marlborough Lunch Menu

Monday 11th – Friday 15th December 2017

Monday Meat Free	1	Baked Potatoes Baked sweet or white potatoes served with organic baked beans, Cornish cheddar cheese, hard boiled eggs and coleslaw	V DF* <u>V*</u>
	2	Egg and Cress Open Sandwich Free range egg, mayonnaise and cress on homemade bread served on the salad bar with a range of salads	V
Tuesday	1	Herb Crusted Salmon Freshly baked side of salmon coated in crispy, herby breadcrumbs, served with a lightly spiced tomato sauce, organic brown basmati rice, and seasonal veggies	DF
	2	Leek and Potato Soup Smooth and creamy leek and potato soup served on the salad bar with homemade bread and a range of salads	V DF* <u>V*</u>
Wednesday	1	Spaghetti Bolognese Local, organic beef in a tomato sauce served with organic whole-wheat spaghetti and Cornish cheddar, and seasonal veggies	DF
	2	Spaghetti Lentil Bolognese Red lentil and vegetable Bolognese sauce served with organic whole-wheat spaghetti and Cornish cheddar, and seasonal veggies	V DF <u>V</u>
	3	Smoked Mackerel Pate Creamy smoked mackerel pate served on homemade soda bread on the salad bar with a range of salads	
Thursday	1	Creamy Fish Pie Local white fish and salmon in a creamy white sauce with boiled eggs, topped with mashed potato, and served with seasonal veggies	
	2	Chickpea Frittata Red pepper and onion chickpea frittata served on the salad bar with homemade chutney and a range of salads	V DF <u>V</u>
Friday	1	Pork Sausages Primrose Herd pork chipolata sausages cooked on a bed of shredded cabbage, served with crispy potato wedges and seasonal veggies	DF
	2	Veggie Sausages Linda McCartney veggie sausages served on a bed of shredded cabbage, with crispy potato wedges and seasonal veggies	V DF <u>V</u>
	3	Curried Parsnip and Apple Soup Mildly spiced, sweet and smooth curried parsnip and apple soup served on the salad bar with homemade half and half 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.