



# Marlborough Lunch Menu

Monday 20<sup>th</sup> - Friday 24<sup>th</sup> November 2017

<b>Monday</b> Meat Free	1	<b>Chickpea Curry</b> Mild chickpea curry served with natural yogurt, organic brown basmati rice and seasonal veggies	V DF V
	2	<b>Tomato and Sesame Soup</b> Rich and smooth tomato and sesame soup served on the salad bar with Stones bread and a range of salads	V DF V
<b>Tuesday</b>	1	<b>Tilly and Mackenzie's Kale and Chorizo Hash</b> Crispy potatoes and onions cooked with mildly spiced chorizo sausage and local kale, topped with a hard-boiled egg and served with seasonal veggies	DF*
	2	<b>Kale and Bean Hash</b> Crispy potatoes and onions cooked with lightly spiced beans and local kale, topped with a hard-boiled egg and served with seasonal veggies	V DF* V*
	3	<b>Roasted Beetroot and Cornish Brie Tart</b> Roasted beetroot layered with Cornish Brie, baked in homemade flaky pastry and served with homemade chutney and a range of salads	V
<b>Wednesday</b>	1	<b>Pasta with Pork Ragu</b> Organic whole-wheat fusilli pasta served with slow cooked pork and tomato sauce with cheddar cheese and seasonal veggies	DF
	2	<b>Pasta with Lentil Ragu</b> Organic whole-wheat fusilli pasta served with a vegetable, lentil and tomato sauce with cheddar cheese and seasonal veggies	V DF V
	3	<b>Hummus Open Sandwich</b> Homemade hummus on Stones bread served with a range of salads	V DF V
<b>Thursday</b>	1	<b>Pasta Puttanesca Bake</b> Organic whole-wheat pasta baked with tuna, in a tomato and olive sauce, topped with Cornish cheddar and served with seasonal veggies	DF
	2	<b>Carrot and Red Lentil Soup</b> Mildly spiced smooth carrot and red lentil soup served with Stones bread and a range of salads	V DF V
<b>Friday</b> Class 3's	1	<b>Fresh Mud Burgers with Blood Sauce and BFG Ears</b> Local, organic beef and Primrose herd sausage meat burgers served in a Stones brioche bun with homemade tomato sauce, roasted potato slices and veggie bootlaces	DF*
	2	<b>Georges Garden Medicine Burgers with Blood Sauce and BFG Ears</b> Vegan sosmix, spinach and bean burgers served in a Stones brioche bun with homemade tomato sauce, roasted potato slices and veggie bootlaces	V DF* V*
Roald Dahl Menu	3	<b>Willy Wonka's Lollipop Lunch with Snozcumber Salad and Veggie Bootlaces</b> Homemade pesto and Cornish cheddar puff pastry swirls on sticks served on the salad bar with a mixed green salad and veggie bootlaces	V
*James's Giant Peach afters*			

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.