



# Marlborough Lunch Menu

Monday 27<sup>th</sup> November – Friday 1<sup>st</sup> December 2017

<b>Monday</b> <b>Meat Free</b>	<b>1</b>	<b>Baked Potatoes</b> Baked sweet or white potatoes served with organic baked beans, Cornish cheddar cheese and raw veg sticks.	<b>V DF V</b>
	<b>2</b>	<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	<b>V</b>
<b>Tuesday</b>	<b>1</b>	<b>Lamb and Bean Hot Pot</b> Local, organic lamb, mutton and mixed beans slow cooked in a rich tomato sauce served with whole wheat seeded couscous and seasonal veggies	<b>DF</b>
	<b>2</b>	<b>Bean, Tomato and Pearl Barley Stew</b> A mixture of eight different organic beans cooked in a tomato sauce with pearl barley served with raw veg sticks	<b>V DF V</b>
<b>Wednesday</b>	<b>1</b>	<b>Pork Sausages</b> Primrose Herd pork chipolata sausages cooked on a bed of shredded cabbage, served with crispy potato wedges and seasonal veggies	<b>DF</b>
	<b>2</b>	<b>Veggie Sausages</b> Linda McCartney veggie sausages served on a bed of shredded cabbage, with crispy potato wedges and seasonal veggies	<b>V DF V</b>
	<b>3</b>	<b>Smoked Mackerel Pate</b> Creamy smoked mackerel pate served on homemade soda bread on the salad bar with a range of salads	
<b>Thursday</b>	<b>1</b>	<b>Fish Cakes</b> Homemade fishcakes coated in crispy crumbs served with a lightly spiced tomato sauce, organic brown basmati rice, and seasonal veggies	<b>DF*</b>
	<b>2</b>	<b>Curried Parsnip and Apple Soup</b> 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	<b>V DF V</b>
<b>Friday</b>	<b>1</b>	<b>Beef Roast Dinner</b> Slow cooked local beef brisket served with roast potatoes, freshly made gravy, and seasonal veggies	<b>DF</b>
	<b>2</b>	<b>Veggie Roast Dinner</b> Vegetarian sausage patty coated in crispy crumbs served with roast potatoes, onion gravy, and seasonal veggies	<b>V DF V</b>
	<b>3</b>	<b>Herby Cheddar Scones</b> Cornish cheddar and fresh herb scones, served on the salad bar with onion marmalade, extra cheddar and a range of salads	<b>V</b>

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.