



# Marlborough Lunch Menu

Monday 13<sup>th</sup> - Friday 17<sup>th</sup> November 2017

**Monday**  
**Meat Free**

- 1** **Egg Fried Rice with Veggie Stir Fry** V  
Free-range egg fried rice served with homemade sweet chilli sauce and seasonal veggies
- 2** **Bean, Tomato and Pearl Barley Stew** V DF V  
A mixture of eight different organic beans cooked in a tomato sauce with pearl barley served with a range of salads

**Tuesday**

- 1** **Spaghetti Bolognese** DF  
Local, organic beef in a tomato sauce served with organic whole-wheat spaghetti and Cornish cheddar, and seasonal veggies
- 2** **Spaghetti Lentil Bolognese** V DF V  
Red lentil and vegetable Bolognese sauce served with organic whole-wheat spaghetti and Cornish cheddar, and seasonal veggies
- 3** **Toasted Cheese Open Sandwich** V  
Cornish Cheddar and homemade chutney toasted on homemade bread, served with a range of salads

**Wednesday**

- 1** **Pizza** V DF\* V\*  
Homemade Margherita pizza or Hawaiian (local ham and pineapple) pizza served with raw veg sticks
- 2** **Creamy Cauliflower and Cornish Cheddar Soup** V  
Creamy cauliflower and Cornish cheddar soup served on the salad bar with homemade soda bread and raw veg sticks

**Thursday**

- 1** **Sausage Roll** DF\*  
Primrose herd sausage meat with apricots and spinach wrapped in homemade flaky pastry served with potato wedges, baked beans and seasonal veggies
- 2** **Vegetarian Sausage Roll** V\*DF\*V\*  
Vegan sausage mix with apricots and spinach wrapped in homemade flaky pastry, served with potato wedges, baked beans and seasonal veggies
- 3** **Smoked Mackerel Pate**  
Creamy smoked mackerel pate served on homemade soda bread on the salad bar with a range of salads

**Friday**

- 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** **Vegetarian Shepherd's Pie** V DF V  
Vegetable and Lentil Shepherd's Pie topped with fluffy mashed potato served with seasonal veggies
- 3** **Curried Parsnip and Apple Soup** V DF V  
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

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.