

Marlborough Lunch Menu



Monday 18th June – Friday 22nd June 2018

Monday Meat Free	1	Butternut Quesadillas Tortilla toasties filled with soft sweet roast butternut, with mashed white beans and cheddar cheese. Served with potato wedges.	V DF* V*
	2	Tomato and Sesame Soup Our favourite tomato, miso and tahini smooth soup, served with Stones bread and veg sticks for dunking.	V DF V
Tuesday	1	Beef Chilli Nancarrow organic beef mild chilli, served with brown rice or sweet potato and seasonal veg.	DF
	2	Sweetcorn and courgette pancakes Fresh cooked sweetcorn and diced courgette wheat pancakes served with brown rice or sweet potato and seasonal veg.	V V*
Wednesday	1	Fish cakes in tomato sauce Lightly spiced fishcakes made with white fish from Kernow Sashimi baked in a tomato sauce. Served with herby couscous and seasonal veg.	DF*
	2	Beetroot and halloumi burgers Baked homemade veggie burgers, served with herby couscous and seasonal veg.	V V*
Thursday	1	Kedgerree Smoked mackerel (mildly spiced) brown rice kedgerree, with peas, boiled eggs and natural yoghurt.	DF V*
	2	Macaroni Cheese Creamy béchamel pasta bake with spring veggies and two cheeses - Cornish Davidstow cheddar and Yarg.	V
Friday	1	Sausage and mash Etherington's chipolata sausages with mashed potato, cauliflower cheese and more seasonal veg.	DF*
	2	Veggie sausage and mash Linda McCartney vegan sausages with mashed potato, cauliflower cheese and more seasonal veg.	V DF* V
	3	Smoked salmon sandwiches Served open with cream cheese and cucumber on the salad bar with a range of cold options.	DF*

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.