

Marlborough Lunch Menu



Monday 13th – Friday 17th June 2016

Monday	Option 1	Jacket potato, organic baked beans and/or Davidstow cheddar cheese	V DF GF <u>V</u>
Meat Free	Option 2	Cornish cabbage and cauliflower macaroni cheese	V
	Option 3	Spicy carrot, lentil and sweet potato soup with Stones bread and veg sticks	V DF
Tuesday	Option 1	Smoked salmon and pea creamy pasta	
	Option 2	Bean chilli with brown rice and yoghurt	V DF
	Option 3	Roast squash and feta puff pastry tart with salads	V
Wednesday	Option 1	Etherington's sausages and mash	DF*
	Option 2	Veggie stir fry chow mein noodles	V
	Option 3	Falafel scotch eggs with salads	V
Thursday	Option 1	Cornish lamb tagine with whole wheat couscous	DF
	Option 2	Roast summer vegetable lasagne	V
	Option 3	Roast ham and chutney, with bread and salads (or cheese + chutney - see kitchen)	V** DF
Friday	Option 1	Breaded mackerel fillets with lemon, brown rice and fresh tartare sauce	DF*
	Option 2	Leek, cheese and potato pasties with brown rice	V
	Option 3	Roast chicken and avocado sandwiches with salads	DF*

Option one and two will be served hot from the kitchen servery with plenty of veggies, local when possible and in a range of styles (raw, roasted, steamed, salads) throughout the week. Option three is served buffet style in the hall and is either a soup (served with a bread and veg sticks) or a cold option, served with salads. See the daily blackboard for more details on accompaniments each day.

We recommend mixing it up throughout the options during the week!

V/V*	Vegetarian (including no fish)
DF/DF*	Dairy free or can be made dairy free on request (including no eggs) if starred
GF/GF*	Main part naturally gluten free or can be made gluten free on request if starred
<u>V/ V*</u>	Main part naturally vegan or can be made vegan on request if starred

Please ensure the kitchen are fully aware of any allergies.

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