

Marlborough Lunch Menu



Monday 14th November – Friday 18th November 2016

Monday Meat Free Monday	Option 1	Fresh Margherita Pizza	V DF* <u>V*</u>
	Option 2	Fresh blue cheese and mushroom pizza	V DF* <u>V*</u>
	Option 3	Red pepper and tomato soup	V DF GF <u>V</u>
Tuesday	Option 1	Sausage, tomato and kale pasta bake	DF*
	Option 2	Veggie chow mein wholemeal noodles	V DF <u>V</u>
	Option 3	Celeriac and garlic soup	V GF
Wednesday	Option 1	Cornish beef and squash stew with roast potatoes	
	Option 2	Smoky bean chilli with brown rice and cheese	V DF <u>V</u>
	Option 3	Carrot and caraway soup	V DF GF <u>V</u>
Thursday	Option 1	Turkey and carrot burgers in Stones buns	DF*
	Option 2	Chickpea Patatas Bravas (spicy potatoes) with boiled eggs	V DF* GF <u>V*</u>
	Option 3	Chunky sweet potato and lentil soup	V DF GF <u>V</u>
Friday	Option 1	Cornish hake 'en crouete' (wrapped up in pastry) with black olive tapenade inside and crushed new potatoes	DF*
	Option 2	Pasta with tomato and ricotta sauce	V DF* <u>V*</u>
	Option 3	Beetroot and ginger soup	V DF GF <u>V*</u>

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 in the hall and is a soup or stew served with a bread and raw veg sticks. See the daily blackboard for more details on accompaniments each day. We recommend mixing it up throughout the options during the week! All our eggs and chicken are free-range

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
/V* Main part naturally vegan or can be made vegan on request if starred

Please ensure the kitchen are fully aware of any allergies.
kitchen@marlborough.cornwall.sch.uk