

Marlborough Lunch Menu



Monday 19th - Friday 23rd October 2015

Monday	Option 1	Cornish jacket potato, organic baked beans and Davidstow cheddar cheese	V DF GF
Meat Free	Option 2	Moroccan vegetable and bean tagine (sweet and sour stew usually cooked in a special pot) with COUSCOUS	V DF
	Option 3	Boiled eggs and autumnal coleslaw salad	V GF
Tuesday	Option 1	Spaghetti with slow cooked Cornish pork ragu (oozy meat sauce)	DF
	Option 2	Spanish omelette (deep, baked, potato filled omelette) with tomato salsa	V GF
	Option 3	Cheese and chutney salad	V GF DF
Wednesday	Option 1	Slow cooked beef, black bean and Primrose Herd bacon stew with roast potatoes	DF
	Option 2	Falafel rolls (chickpea mix, rolled in homemade flaky pastry) with roast potatoes	V
	Option 3	Smoked mackerel pâté (creamy spread) and crostini salad	GF
Thursday	Option 1	Creamy Cornish fish pie topped with mashed potato and cheese	
	Option 2	Sweet potato cakes with pearl barley salad	V
	Option 3	Roast beef and beetroot ball salad	V DF GF
Friday	Option 1	Roast free range Cornish chicken pieces in pizza style tomato sauce with aioli (Spanish style garlic mayo)	DF GF
	Option 2	Macaroni cheese with kale and cauliflower	V
	Option 3	Tomato and feta salad	GF

Option one and two will be served with plenty of veggies, local when possible and in a range of styles (raw, roasted, steamed, salads) throughout the week. The new salad option will be self-serve and also include a choice of other items from the salad bar (a range of healthy, yummy and balanced foods). See the daily blackboard for more details.

V	Vegetarian (including no fish)
DF	Dairy free or can be dairy free on request (including no eggs)
GF	Naturally gluten free
<u>V</u>	Naturally vegan

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