

Marlborough Lunch Menu



Tuesday 3rd – Friday 6th May 2016

Tuesday	Option 1	Jacket potato, organic baked beans and/or Davidstow cheddar cheese	V DF GF <u>V</u>
Meat Free	Option 2	Wild garlic and leek risotto	V GF
	Option 3	Thai carrot and bean soup with wholemeal Stones bread	V DF GF
Wednesday	Option 1	Pasta with beef Bolognese sauce	DF
	Option 2	Homity pies with spiced quinoa (little couscous type grain)	V
	Option 3	Bacon, lettuce and tomato baguettes with salads (veggie version see kitchen)	DF* GF*
Thursday	Option 1	Creamy Cornish mackerel, potato and olive filo pie with couscous	
	Option 2	Pasta with lentil bolognese	V DF
	Option 3	Falafel scotch eggs with salads	V
Friday	Option 1	Hunter's chicken stew with brown rice and Stones bread	DF GF
	Option 2	Halloumi burgers with brown rice	V
	Option 3	Smoked salmon and cucumber pasta salad	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	Vegetarian (including no fish)
DF	Dairy free or can be dairy free on request (including no eggs) if starred
GF	Gluten free or can be made gluten free on request if starred
<u>V</u>	Main part of dish naturally vegan

Please ensure the kitchen are fully aware of any allergies.

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