

Marlborough Lunch Menu



Monday 5th December – Friday 9th December 2016

Monday	Option 1	Jacket potato with organic baked beans and/or Davidstow cheddar	V DF GF <u>V</u>
Meat Free	Option 2	Root vegetable fritters with cucumber yoghurt dip and couscous	V GF
	Option 3	Curried parsnip soup	V DF GF <u>V</u>
Tuesday	Option 1	Pasta with slow cooked lamb ragu and parmesan	DF
	Option 2	Baked falafels with rice, hummus and toasted pitta	V DF* <u>V*</u>
	Option 3	Leek and potato soup	V GF*
Wednesday	Option 1	Roast beef brisket with roast potatoes and beef gravy	DF GF*
	Option 2	Roast butternut risotto with optional feta	V DF* GF <u>V</u>
	Option 3	Minestrone soup	DF <u>V</u>
Thursday	Option 1	Sausage and bean casserole with brown rice and baguette	DF
	Option 2	Chickpea patatas bravas with boiled eggs and aioli	V DF* <u>V*</u>
	Option 3	Coconut daal	V DF GF* <u>V</u>
Friday	Option 1	Smoked salmon, dill and potato omelette	GF
	Option 2	Pasta with lentil Bolognese and cheese	V DF* <u>V*</u>
	Option 3	Butternut squash and split pea 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 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) or can be made veggie on request if starred
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/ 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