

Marlborough Lunch Menu



Monday 31st October – Friday 4th November 2016

Monday Our meat-free Halloween!	Option 1	Eerie eyeballs Margherita pizza	V DF* <u>V*</u>
	Option 2	Ghostly white pizza with ricotta, school garden sage and garlic oil	V
	Option 3	Spooky and spicy pumpkin soup	V DF GF* <u>V</u>
Tuesday	Option 1	Spaghetti carbonara with outdoor reared Primrose Herd bacon	<u>V*</u>
	Option 2	Spinach and feta cheese filo pie	V
	Option 3	Chunky carrot and ginger soup	V DF GF* <u>V</u>
Wednesday	Option 1	Roast beef brisket, creamy mashed potato and fresh beef gravy	GF*
	Option 2	Boiled eggs, fresh guacamole and quinoa	V DF* GF <u>V*</u>
	Option 3	Smooth tomato and cannellini bean soup	V DF GF* <u>V</u>
Thursday	Option 1	Baked Cornish fishcakes with potato wedges and optional chilli jam	DF
	Option 2	Squash, black bean and blue cheese frittata	V GF
	Option 3	Chinese noodle broth with tofu	V DF <u>V</u>
Friday	Option 1	Sausages baked with juicy local cabbage and brown rice	DF GF
	Option 2	Baked portobella mushrooms on top of smoky bonfire beans with brown rice	V DF GF* <u>V</u>
	Option 3	Local leek and potato soup	V GF*

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/ 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