

Marlborough Lunch Menu



Monday 11th – Friday 15th April 2016

Monday	Option 1	Jacket potato, organic baked beans and Davidstow cheddar cheese	V DF GF
Meat Free	Option 2	Sweetcorn and pepper pancakes with herby seeded couscous	V
	Option 3	Tomato and sesame soup	V DF GF V
Tuesday	Option 1	Sausage and cannellini bean casserole with herby seeded couscous	DF
	Option 2	Coconut lentil daal with rice	V DF GF V
	Option 3	Wild garlic pesto pasta salad with boiled eggs	V
Wednesday	Option 1	Fishcakes with mashed potato and herb sauce	DF*
	Option 2	Falafel rolls with mashed potato	V
	Option 3	Roast ham salad sandwiches with coleslaw	DF*
Thursday	Option 1	Beef, potato and pea keema (spiced minced beef asian dish)	DF GF
	Option 2	Margherita pizza	V DF*
	Option 3	Roast squash and feta muffins	V
Friday	Option 1	Lamb, tomato and coconut curry with brown rice	DF GF
	Option 2	Spaghetti lentil bolognese	V DF V
	Option 3	Sundried tomato and broccoli quiche	V

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/warm from the oven option, served with salads. See the daily blackboard for more details on accompaniments each day.

- V** Vegetarian (including no fish)
- DF** Dairy free or can be dairy free on request (including no eggs)
- GF** Gluten free or can be made gluten free on request
- V** Main part of dish naturally vegan

Please ensure the kitchen are fully aware of any allergies.
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