

Marlborough Lunch Menu



Monday 25th – Friday 29th January 2016

Monday	Option 1	Jacket potato, organic baked beans and Davidstow cheddar cheese	V DF GF
Meat Free	Option 2	Spanish omelette with sweetcorn and red pepper	V GF
	Option 3	Curried parsnip soup with toasted seeds and sourdough bread	V DF GF
Tuesday	Option 1	Mediterranean fish stew with couscous	DF GF*
	Option 2	Margherita pizza	V
	Option 3	Butternut squash and red lentil soup with coconut chips and sourdough bread	V DF GF
Wednesday	Option 1	Chorizo patatas bravas with boiled eggs	DF* GF
	Option 2	Pasta with chickpeas in tomato sauce	V DF
	Option 3	Turkey and sweetcorn noodle soup with garlic croutons and sourdough bread	DF
Thursday	Option 1	Beef lasagne with sweet potato wedges	DF*
	Option 2	Broccoli and sun dried tomato quiche with couscous	V
	Option 3	Leek and potato soup with seeded soda bread	V GF*
Friday	Option 1	Roast Cornish free range chicken, fresh chicken gravy and roast potatoes	DF GF*
	Option 2	Sag aloo paneer (creamy spinach and indian cheese curry) with organic brown rice	V GF
	Option 3	Carrot and caraway soup with cheese straws and sourdough bread	V DF* 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. Option three is now soup for the winter.

Each day it will come with a different type of bread and topping, along with raw veg sticks to dunk.

See the daily blackboard for more details on where our produce comes from.

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
V	Main part of dish naturally vegan

Please ensure the kitchen are fully aware of any allergies.

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