

# Marlborough Lunch Menu



Monday 23rd – Friday 27th May 2016

<b>Monday</b>	Option 1	Jacket potato, organic baked beans and/or Davidstow cheddar cheese	V DF GF <u>V</u>
<b>Meat Free</b>	Option 2	Falafel scotch eggs with wholemeal couscous	V
	Option 3	Minestrone soup with Stones bread and veg sticks	V DF <u>V</u>
<b>Tuesday</b>	Option 1	Chorizo patatas bravas with boiled eggs	DF*
	Option 2	Chickpea patatas bravas with boiled eggs	V DF* GF
	Option 3	English asparagus quiche with salads	V
<b>Wednesday</b>	Option 1	Breaded lemon free range Cornish chicken legs with roast new potatoes and coleslaw	DF* GF*
	Option 2	Pasta with aubergine and red lentil sauce	V DF <u>V</u>
	Option 3	Smoked salmon, cream cheese and cucumber open sandwich with salads	
<b>Thursday</b>	Option 1	Sausage, tomato and spinach pasta bake	DF*
	Option 2	Butternut squash fritters with pea risotto	V GF*
	Option 3	Mushroom and herb tart with salads	V
<b>Friday</b>	Option 1	Beef shin rendang curry (Indonesian slow cooked mild curry) with brown rice	DF GF
	Option 2	Margherita pizza with brown rice	V DF*
	Option 3	Roast beetroot and goats cheese pasta salad	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 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!

<b>V</b>	Vegetarian (including no fish)
<b>DF</b>	Dairy free or can be made dairy free on request (including no eggs) if starred
<b>GF</b>	Main part naturally gluten free or can be made gluten free on request if starred
<b><u>V</u></b>	Main part naturally vegan or can be made vegan on request if starred

Please ensure the kitchen are fully aware of any allergies.

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