

Marlborough Lunch Menu



Monday 30th November – Friday 4th December 2015

Monday	Option 1	Jacket potato, organic baked beans and Davidstow cheddar cheese	V DF GF
Meat Free	Option 2	Roast vegetable lasagne with couscous	V
	Option 3	Chickpea and garlic soup with baguette and toasted seeds	V DF GF
Tuesday	Option 1	Sausage, tomato and cabbage pasta bake	DF
	Option 2	Breaded sardines in wraps with lettuce and carrot salad	DF
	Option 3	Tomato and sesame soup with croutons and sourdough bread	V DF GF
Wednesday	Option 1	Slow roast pork with roast potatoes and gravy	DF GF
	Option 2	Celeriac rosti with roast potatoes	V GF
	Option 3	Veggie minestrone soup with pesto and cheese straws	V DF
Thursday	Option 1	Lemon and herb crumbed salmon with brown rice and tartare sauce	DF
	Option 2	Winter vegetable filo topped pie	V
	Option 3	Curried parsnip soup with fresh herbs and pitta breads	V GF
Friday	Option 1	Turkey meatballs in tomato sauce with mashed potato	DF
	Option 2	Sesame coated baked halloumi cheese with tomato and ginger noodles	V GF
	Option 3	Beetroot soup with root veg crisps 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)
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.
 kitchen@marlborough.cornwall.sch.uk