

Marlborough Lunch Menu



Monday 18th – Friday 22nd January 2016

Monday	Option 1	Jacket potato, organic baked beans and Davidstow cheddar cheese	V DF GF
Meat Free	Option 2	Green veggie risotto (creamy Italian rice dish)	V GF
	Option 3	Carrot and ginger soup with toasted seeds and sourdough bread	V DF GF V
Tuesday	Option 1	Sausage and chickpea tomato bake with mashed potato	DF
	Option 2	Aubergine parmigiana (layered lasagne style bake) with couscous	V
	Option 3	Cauliflower and cheddar soup with sweet potato bread sticks.	V GF
Wednesday	Option 1	Mild beef mince chilli with brown rice and natural yoghurt	DF GF
	Option 2	Beetroot burgers in buns with fresh hummus, lettuce and couscous	V
	Option 3	Indian fish (local whiting) soup with rice and sourdough bread	DF GF
Thursday	Option 1	Smoked salmon and pea creamy wholewheat pasta	
	Option 2	Homity pie (Cornish cheese and potato pie) with sweet potato wedges and organic baked beans	V
	Option 3	Minestrone (tomato, veg and pasta) soup with cheese straws	V DF V
Friday	Option 1	Slow cooked shredded lamb with roast potatoes, mint sauce and gravy	DF GF
	Option 2	Smashed bean and pepper quesadillas (tortilla toasties) with brown rice	V
	Option 3	Creamy mushroom soup with garlic croutons and seeded wholemeal soda bread	V 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