

Marlborough Lunch Menu



Monday 8th – Friday 12th February 2016

Monday	Option 1	Jacket potato, organic baked beans and Davidstow cheddar cheese	V DF GF
Meat Free	Option 2	Butternut squash and goats cheese lasagne	V
Chinese NY	Option 3	Chinese hot and sour veggie soup	V DF
Tuesday	Option 1	Organic whole-wheat penne pasta with Cornish sardines in tomato sauce	DF
Pancake day	Option 2	Sweetcorn and red pepper veggie pancakes with brown rice	V GF*
	Option 3	Seasonal minestrone soup with cheese straws	V DF
Wednesday	Option 1	Turkey burgers in buns with sweet potato mash	DF* GF*
	Option 2	Beetroot burgers in buns with sweet potato mash	V GF*
	Option 3	Indian fish (whiting) soup with rice and pittas	DF GF
Thursday	Option 1	Mild Cornish lamb curry with brown rice and organic pitta breads	DF GF
	Option 2	Cheese, leek and potato pasties	V
	Option 3	Creamy broccoli and bean soup with soda bread	V GF
Friday	Option 1	Toad in the hole with mashed potato	DF* GF*
	Option 2	Bean burritos (baked wraps with beans and fajita style veg and sauce) with couscous or mash	V DF*
	Option 3	Mushroom soup with croutons	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) 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.
kitchen@marlborough.cornwall.sch.uk