

Marlborough Lunch Menu



Monday 1st – Friday 5th February 2016

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| Monday | Option 1 | Jacket potato, organic baked beans and Davidstow cheddar cheese | V DF GF |
| Meat Free | Option 2 | Veggie frittata muffins with couscous | V |
| | Option 3 | Chickpea daal with natural yoghurt and bread | V DF |
| Tuesday | Option 1 | Free range chicken, sweetcorn and red pepper organic fusilli pasta | DF |
| | Option 2 | Bean chilli with organic brown rice and natural yoghurt | V DF GF |
| | Option 3 | Cauliflower and cheddar soup with toasted seeds and sourdough bread | V |
| Wednesday | Option 1 | Breaded whiting fillets with potato wedges | DF* |
| | Option 2 | Pesto and mozzarella aubergine bake with potato wedges | V GF |
| | Option 3 | Tomato and sesame soup with croutons and baguette | V DF GF |
| Thursday | Option 1 | Pot roast pork loin with herby wholegrain couscous | DF GF* |
| | Option 2 | Falafel rolls with organic brown rice | V |
| | Option 3 | Carrot and ginger soup with pittas and crispy kale | V DF GF |
| Friday | Option 1 | Slow cooked beef and bacon stew with roast potatoes | DF GF* |
| | Option 2 | Kale and cauliflower macaroni cheese | V |
| | Option 3 | Squash and sweet potato soup with cheese straws and wholemeal soda 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.
kitchen@marlborough.cornwall.sch.uk