

# Marlborough Lunch Menu



Monday 16th – Friday 20<sup>th</sup> 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	Roast butternut and goats cheese lasagne	V
	Option 3	Tomato and sesame soup with Stones bread	V DF GF <u>V</u>
<b>Tuesday</b>	Option 1	Cornish fishcakes baked in spicy tomato sauce with wholegrain couscous	
	Option 2	Chocolate bean chilli with brown rice	V DF GF <u>V</u>
	Option 3	Roast beetroot and brie tart with salads	V
<b>Wednesday</b>	Option 1	Pasta with Cornish pork ragu (slow cooked shredded meat sauce)	DF
	Option 2	Spicy lentil pasties with mashed potato	V
	Option 3	Leek, carrot and cheddar frittata with salads	V GF
<b>Thursday</b>	Option 1	Cornish beef chilli with brown rice and Stones bread	DF GF
	Option 2	Smoky white bean and pepper quesadillas (tortilla toasties)	V DF* <u>V*</u>
	Option 3	Roast cherry tomato, basil and chickpea pasta salad	V DF <u>V</u>
<b>Friday</b>	Option 1	Roast chicken, fresh chicken gravy and roast potatoes	DF GF*
	Option 2	Pasta with spinach, tomato and feta sauce	V DF* <u>V*</u>
	Option 3	Smoked mackerel pate and cucumber open sandwiches with salads	

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.

kitchen@marlborough.cornwall.sch.uk