

Marlborough Lunch Menu



Monday 19th – Friday 23rd September 2016

Monday Meat Free	Option 1	Margherita pizza	V
	Option 2	Spinach, olive and cherry tomato pizza	V
	Option 3	Spicy sweet potato, lentil and tomato soup	V DF GF <u>V</u>
Tuesday	Option 1	Lamb and chickpea tagine with whole wheat couscous	DF GF*
	Option 2	Bean enchiladas with whole wheat couscous	V <u>V*</u> DF
	Option 3	Quinoa, pepper and halloumi salad bar	V GF DF* <u>V*</u>
Wednesday	Option 1	Pork, spinach and herb sausage rolls with roast new potatoes	DF*
	Option 2	Chickpea, feta and sweet potato sausage rolls with roast new potatoes	V
	Option 3	Egg mayo and cress sandwiches and salads	V
Thursday	Option 1	Tuna and green olive crème fraiche pasta bake	DF*
	Option 2	Cheese and herb polenta triangles with baked beans	V GF
	Option 3	Hummus and carrot wraps with salads	V DF <u>V</u>
Friday	Option 1	Roast beef with fresh beef gravy and roast potatoes	DF GF
	Option 2	Pasta with smooth tomato, aubergine and red lentil sauce with optional cheddar cheese	V DF <u>V</u>

No option 3 today!

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! All our eggs and chicken are free-range.

V*	Vegetarian (including no fish)
DF/DF*	Dairy free or can be made dairy free on request (including no eggs) if starred
GF/GF*	Main part naturally gluten free or can be made gluten free on request if starred
<u>V/ V*</u>	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