

# Marlborough Lunch Menu



Monday 25<sup>th</sup> – Friday 29<sup>th</sup> April 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	Broccoli and sun dried tomato frittata	V GF
	Option 3	Tomato and red pepper soup with soda bread	V DF GF <u>V</u>
<b>Tuesday</b>	Option 1	Smoked salmon and pea creamy penne pasta	
	Option 2	Moroccan vegetable tagine with couscous	V DF <u>V</u>
	Option 3	Beetroot and French brie tart with salads	V
<b>Wednesday</b>	Option 1	Turkey meatballs in tomato sauce with brown rice	DF* GF*
	Option 2	Sweetcorn and red pepper pancakes with brown rice	V
	Option 3	Vietnamese pork noodle salad (or veggie version- see kitchen)	DF GF*
<b>Thursday</b>	Option 1	Beef, bacon and kale stew with roast potatoes	DF GF*
	Option 2	Macaroni cauliflower cheese	V
	Option 3	Falafels in pittas with hummus and salads	V DF <u>V</u>
<b>Friday</b>	Option 1	Sausage and bean cassoulet with wholewheat couscous	DF
	Option 2	Spicy lentil and potato pasties with wholewheat coucous	V
	Option 3	Smoked mackerel pate with bread and salads	GF

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 dairy free on request (including no eggs) if starred
<b>GF</b>	Gluten free or can be made gluten free on request if starred
<b><u>V</u></b>	Main part of dish naturally vegan

Please ensure the kitchen are fully aware of any allergies.

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