

Marlborough Lunch Menu



Monday 14th – Friday 18th December 2015

Monday	Option 1	Roast Turkey (Christmas dinner)	DF GF
	Option 2	Brie and cranberry spiced pasty (Christmas dinner)	V
Tuesday	Option 1	Pasta con le sarde (fusilli with sardines in tomato sauce)	DF
	Option 2	Margherita pizza (cheese and tomato)	V
	Option 3	Leek and potato soup with baguettes and toasted seeds	V GF
Wednesday	Option 1	Roast Christmas ham with fresh pineapple and boiled eggs and brown rice	DF GF
	Option 2	Winter veg and chickpea tagine with couscous	V DF <u>V</u>
	Option 3	Curried parsnip soup with soda bread and garlic croutons	V DF GF <u>V</u>
Thursday	Option 1	Spaghetti carbonara (bacon and pea creamy sauce)	
	Option 2	Chimichangas (baked tortilla, bean and potato parcel with tomato and sour cream) and brown rice	V
	Option 3	Roast squash and lentil soup with kale crisps and sourdough bread	V DF GF
Friday	Option 1	Jacket potato, organic baked beans and Davidstow cheddar cheese	V DF GF <u>V</u>
	Option 2	Kale macaroni cheese (with boiled eggs too)	
	Option 3	Veggie minestrone with sourdough bread and parmesan	V DF <u>V</u>

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)
- GF** Gluten free or can be made gluten free on request
- V** Main part of dish naturally vegan

Please ensure the kitchen are fully aware of any allergies.
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