

Marlborough Lunch Menu



Wednesday 7th – Friday 9th September 2016

Wednesday	Option 1	Pasta Bolognese with cheddar cheese	DF
	Option 2	Tuna and olive empanadas (pastry parcels) with roast new potatoes	
	Option 3	Greek salad (feta, tomato, oregano, olive) wraps with salads	V
Thursday	Option 1	Lamb, tomato and coconut curry with organic brown rice and yoghurt	DF GF
	Option 2	Chocolate bean chilli with organic brown rice, yoghurt and avocado	V DF GF <u>V</u>
	Option 3	Herby quiche with salads	V
Friday	Option 1	Roast lemon chicken with new potato and pea salad	DF GF
	Option 2	Pasta with sardines in tomato sauce	DF
	Option 3	Tomato and sesame soup with Stones bread and veggie sticks	V DF GF <u>V</u>

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!

V/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

V/ V* Main part naturally vegan or can be made vegan on request if starred

Please ensure the kitchen are fully aware of any allergies.

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