

Marlborough Lunch Menu



Monday 21st – Friday 25th November 2016

Monday	Option 1	Jacket potato with organic baked beans and/or Davidstow cheddar	V DF GF <u>V</u>
Meat Free	Option 2	Root vegetable fritters with cucumber yoghurt dip and couscous	V
	Option 3	Winter minestrone soup	V DF <u>V</u>
Tuesday	Option 1	Fresh pork, herb and spinach sausage rolls	
	Option 2	Roast butternut risotto with optional feta	V DF* <u>V*</u>
	Option 3	Cauliflower dahl (spiced soup with split peas)	V DF <u>V</u>
Wednesday	Option 1	Beef lasagne with sweet potato wedges	DF*
	Option 2	Bean quesadillas (tortilla toasties) with sweet potato wedges	V DF* <u>V*</u>
	Option 3	Pea and mint soup	V DF <u>V</u>
Thursday	Option 1	Smoked salmon, dill and potato omelette	
	Option 2	Baked falafels in mini pittas with hummus and salads	V DF* <u>V*</u>
	Option 3	Sweet potato, coconut and cardamom soup	V DF
Friday	Option 1	Mild chicken curry with brown basmati rice and natural yoghurt	DF*
	Option 2	Spinach and ricotta baked cannelloni	V
	Option 3	Creamy mushroom soup	V

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) or can be made veggie on request if starred
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.
 kitchen@marlborough.cornwall.sch.uk