

Marlborough Lunch Menu



Monday 21st – Wednesday 23rd March 2016

Monday Meat Free	Option 1	Jacket potato, organic beans and/or cheese	V DF GF
	Option 2	Tomato, spinach and ricotta pasta	V
	Option 3	Spicy sweet potato soup	V DF GF <u>V</u>
Tuesday	Option 1	Pizza margherita	V DF*
	Option 2	Bean chilli with rice	V DF GF <u>V</u>
	Option 3	Pea and ham soup	DF GF
Wednesday	Option 1	Steak Pasty Pie	DF*
	Option 2	Roast squash and goats cheese lasagne	V
	Option 3	Tomato, spinach and mascarpone soup	V GF

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

Please ensure the kitchen are fully aware of any allergies.
 kitchen@marlborough.cornwall.sch.uk