

# Marlborough Lunch Menu



Monday 29<sup>th</sup> Feb – Friday 4<sup>th</sup> March 2016

<b>Monday</b>	<b>Option 1</b>	Primrose Herd bacon and broccoli pasta bake	DF*
	Option 2	Roast Cornish squash risotto	V GF
	Option 3	Chickpea, kale and pearl barley stew	V DF <u>V</u>
<b>Tuesday</b> <b>Meat Free</b>	Option 1	Jacket potato, organic baked beans and Davidstow cheddar cheese	V DF* GF <u>V</u>
	Option 2	Bean and pepper quesadillas	V DF
	Option 3	Green garden pea and coconut soup	V DF GF <u>V</u>
<b>Wednesday</b>	Option 1	Tartare sauce fishcakes (with olives and gherkins) with sweet potato mash or rice	DF*
	Option 2	Spanish omelette with tomato sunshine rice	V GF
	Option 3	Carrot and cumin soup	V DF GF <u>V</u>
<b>Thursday</b>  <b>St Piran's celebrations</b>	Option 1	Cornish steak pasties with mashed potato	
	Option 2	Cornish cheese and leek pasties with mashed potato	V
	Option 3	Tomato and sesame soup	V DF GF <u>V</u>
<b>Friday</b>	Option 1	Mild Cornish lamb, tomato and coconut curry with rice and pitta breads	DF GF
	Option 2	Kale and cauliflower macaroni cheese	V
	Option 3	Thai green noodle soup	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.

<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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