

Marlborough Lunch Menu



Monday 5th October - Friday 9th October 2015

Monday	Option 1	Cornish jacket potato, organic baked beans and Davidstow cheddar cheese	V DF GF
Meat Free	Option 2	Roast organic squash and sweet potato soup with Stones baguette	V
	Option 3	Boiled eggs and seasonal coleslaw salad	V GF
Tuesday	Option 1	Breaded baked Cornish sardines with organic pasta in tomato sauce	
	Option 2	Egg fried brown rice with soy, optional chilli sauce and seasonal veggies	V
	Option 3	Roast ham and chutney salad bar	DF GF
Wednesday	Option 1	Etherington's sausage and mashed potato	DF
	Option 2	Leek, Davidstow cheese and potato pasties	V
	Option 3	Smoked mackerel pâté (creamy spread) and crostini (crispy toasts) salad	
Thursday	Option 1	Herb crusted side of salmon with couscous	DF
	Option 2	Organic wholewheat penne with pea pesto	V
	Option 3	Davidstow cheddar cheese salad	V GF
Friday	Option 1	Roast Cornish pork shoulder, with apple sauce, roast potatoes and gravy	DF
	Option 2	Handmade veggie bean burgers with roast potatoes.	V
	Option 3	Tomato and chickpea salad	V DF 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. The new salad option will be self-serve and also include a choice of other items from the salad bar (a range of healthy, yummy and balanced foods). See the daily blackboard for more details.

V Vegetarian (including no fish)
DF Dairy free or can be dairy free on request (including no eggs)
GF Naturally gluten free
V Naturally vegan

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