

Marlborough Lunch Menu



Monday 14th to Friday 18th March 2016

Monday	Option 1	Jacket potato, organic baked beans and/or Davidstow cheddar cheese	V DF* GF
Meat Free	Option 2	Roast vegetable lasagne	V
	Option 3	Spiced parsnip soup	V DF GF <u>V</u>
Tuesday	Option 1	Turkey and leek burgers in buns	DF* GF*
	Option 2	Beetroot and bean burgers in buns	V GF*
	Option 3	Tomato and sesame soup	V DF GF <u>V</u>
Wednesday	Option 1	Breaded Pollock with tomato and olive sauce and couscous	DF* GF*
	Option 2	Homity pie with brown rice	V
	Option 3	Mushroom soup	V GF
Thursday	Option 1	Roast pork loin with spiced apple sauce, roast potatoes and gravy	DF GF
	Option 2	Aubergine and chickpea parmigiana with roast potatoes	V
	Option 3	Thai carrot soup	V DF GF <u>V</u>
Friday	Option 1	Beef, bacon and squash stew with brown rice	DF
	Option 2	Falafel scotch eggs	V
	Option 3	Indian fish and rice soup	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. 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
<u>V</u>	Main part of dish naturally vegan

Please ensure the kitchen are fully aware of any allergies.

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