

Marlborough Lunch Menu



Monday 7th November – Friday 11th 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	Cauliflower and kale macaroni cheese	V
	Option 3	Parsnip and orange soup	V DF GF* <u>V</u>
Tuesday	Option 1	Lamb and barley hotpot	DF
	Option 2	Aubergine lasagne	V
	Option 3	Coconut daal with tomato salsa	V DF GF <u>V</u>
Wednesday	Option 1	Pasta Bolognese	DF
	Option 2	Fajita veg burritos, stuffed with rice and cheese	V DF* <u>V*</u>
	Option 3	Chunky vegetable soup	V DF GF <u>V</u>
Thursday	Option 1	Breaded Cornish fish with brown rice and roasted red pepper sauce	DF*
	Option 2	Pasta with lentil Bolognese	V <u>V</u>
	Option 3	Thai green soup	V DF GF <u>V</u>
Friday	Option 1	Roast chicken with roast potatoes and fresh chicken gravy	DF GF*
	Option 2	Falafel scotch eggs with couscous	V
	Option 3	Tomato and sesame soup	V DF GF <u>V</u>

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