

Marlborough Lunch Menu



Monday 21st September - Friday 25th September 2015

Monday	Option 1	Cornish jacket potato, organic baked beans and Davidstow cheddar cheese	V DF GF
Meat Free	Option 2	Spinach and ricotta (creamy Italian cheese) filo pie with wholegrain couscous	V
	Option 3	Boiled eggs and seasonal coleslaw salad	V GF
Tuesday	Option 1	Beef lasagne, with organic brown rice	DF
	Option 2	Squash, feta and spelt (nutrient dense type of wheat flour) muffins with organic brown rice	V
	Option 3	Roast ham and chutney salad bar	DF GF
Wednesday	Option 1	Lamb shepherd's pie with mashed potato topping	DF
	Option 2	Organic pasta with aubergine, red lentil and tomato sauce with mozzarella	V DF
	Option 3	Smoked mackerel pâté (creamy spread) and crostini (crispy toasts) salad	
Thursday	Option 1	Baked fish cakes with sweet chilli and potato wedges	DF
	Option 2	Tomato and white bean soup with croutons and Stones bakery bread	V
	Option 3	Speckled lentil, roast veg and seed salad	V GF DF
Friday	Option 1	Free-range chicken, bacon and sweetcorn pie, topped with flaky pastry, with couscous	
	Option 2	Thai green chickpea veggie curry with egg noodles	V DF
	Option 3	Tomato and feta (salty Greek crumbly cheese) salad	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. 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