

Marlborough Lunch Menu



Monday 4th July – Friday 8th July 2016

Monday Meat Free	Option 1	Fresh Margherita pizza with coleslaw	V DF* <u>V</u> *
	Option 2	Baked sweet potato with organic baked beans	V DF GF <u>V</u>
	Option 3	Cornish cauliflower and cheddar soup with Stones bakery bread and raw veg sticks	V GF
Tuesday	Option 1	Pasta Bolognese with cheddar cheese	DF
	Option 2	Veggie bean chilli with organic brown rice	V DF GF <u>V</u>
	Option 3	Roast squash puff pastry tart with salads	V
Wednesday	Option 1	Toad in the hole with mashed potato and gravy	DF*
	Option 2	Milanese risotto with peas (flavoured with saffron)	V
	Option 3	Greek salad (tomato, feta, cucumber, onion, oregano) wraps with salads	V
Thursday	Option 1	Slow cooked lamb, tomato and coconut curry with organic brown rice	DF GF
	Option 2	Cornish cauliflower macaroni cheese	V
	Option 3	Falafel scotch eggs with salads	V
Friday	Option 1	Cornish Free-range Chicken chow mein noodles	DF*
	Option 2	Vegan shepherd's pie (with lentils and chickpeas)	V DF GF <u>V</u>
	Option 3	Roast cherry tomato, basil and white bean pasta salad	V DF <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)

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.

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