

Marlborough Lunch Menu



Tuesday 3rd November - Friday 6th November 2015

Tuesday	Option 1	Breaded baked Cornish sardines with organic pasta in tomato sauce	
	Option 2	Jacket potato with organic beans and/or cheese	V DF GF
	Option 3	Pea and ham soup with toasted mixed seeds and Stones baguette	GF
Wednesday	Option 1	Etherington's sausage and mashed potato	DF GF
	Option 2	Leek, Davidstow cheese and potato pasties	V
	Option 3	Red lentil and Cusgarne squash soup with vegetable crisps on top and organic white pitta bread	V DF GF
Thursday	Option 1	Lemon and herb crusted side of salmon with couscous	DF
	Option 2	Organic wholewheat penne with pea pesto	V
	Option 3	Tomato, spinach and mascarpone soup with cheese straws Stones maltstar sourdough	V GF
Friday	Option 1	Roast Cornish free-range chicken, with Yorkshire puddings, roast potatoes and gravy	DF GF
	Option 2	Handmade veggie bean burgers with Yorkshire puddings and roast potatoes.	V
	Option 3	Cusgarne carrot and cumin soup with baked tortilla pieces, crumbled feta and soda bread	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. All soups will be served with bread either from Stones bakery, baked by us or organic pitta breads. 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** Gluten free or can be made gluten free on request (if soup option GF bread can be provided)
- V** Naturally vegan

Please ensure the kitchen are fully aware of any allergies.
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