

Marlborough Lunch Menu



Monday 12th December – Friday 16th December 2016

Monday Christmas dinner	Option 1	Roast turkey and all the trimmings	
	Option 2	Veggie sausages, cranberry stuffing and all the trimmings	V DF <u>V</u>
Tuesday	Option 1	Slow cooked beef stew with couscous	DF
	Option 2	Leek and potato puff pastry topped pie	V
	Option 3	Tomato and sesame soup	V DF GF <u>V</u>
Wednesday	Option 1	Baked Christmas ham with fresh pineapple, chutney and mashed potato	DF* GF
	Option 2	Baked polenta triangles with boiled eggs and baked beans	V DF* GF <u>V*</u>
Thursday	Option 1	Pasta with sardines in tomato sauce	DF
	Option 2	Homity pies with salads	V DF* <u>V*</u>
	Option 3	Carrot and ginger soup	DF GF <u>V</u>
Friday	Option 1	Slow cooked lamb, tomato and coconut curry with brown rice and natural yoghurt	DF GF
	Option 2	Cauliflower and kale macaroni cheese	V DF* <u>V*</u>

Happy Christmas everyone!

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