

Marlborough Lunch Menu



Monday 11th July – Friday 15th July 2016

Monday	Option 1	Jacket potato, organic baked beans and Cornish cheddar	V DF* <u>V*</u>
Meat Free	Option 2	Squash and goats cheese lasagne	V
	Option 3	Mexican tomato and corn soup with baked nachos and veg sticks	V DF GF* <u>V</u>
Tuesday	Option 1	Smoked haddock brown rice kedgerree with boiled free range eggs and yoghurt	DF GF
	Option 2	Spaghetti lentil Bolognese	V DF <u>V</u>
	Option 3	Beef couscous with hummus and salads	DF
Wednesday	Option 1	Moroccan lamb stew with couscous	DF GF*
	Option 2	Cheesy bean quesadillas (tortilla toasties)	V <u>V*</u>
	Option 3	BBQ pulled pork salad buns with salads	DF* GF*
Thursday	Option 1	Spaghetti carbonara with Primrose Herd bacon, peas and Cornish cream	
	Option 2	Chickpea, tomato and coconut curry with organic brown rice	V DF GF <u>V</u>
	Option 3	Spinach and feta filo pie with salads	V
Friday	Option 1	Thai fish curry with brown rice	DF GF <u>V*</u>
	Option 2	Cheesy leek flaky pastry topped pie	V
	Option 3	Cherry tomato and chickpea 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.
 kitchen@marlborough.cornwall.sch.uk