

# Marlborough Lunch Menu



Monday 22nd – Friday 26th February 2016

<b>Monday</b>	<b>Option 1</b>	Jacket potato, organic baked beans and Davidstow cheddar cheese	V DF GF <u>V</u>
<b>Meat Free</b>	<b>Option 2</b>	Veggie bean chilli with brown rice	V DF GF <u>V</u>
	<b>Option 3</b>	Curried parsnip soup	V DF GF <u>V</u>
<b>Tuesday</b>	<b>Option 1</b>	Organic pasta with beef meatballs in tomato sauce	DF
	<b>Option 2</b>	Broccoli and sun dried tomato quiche with couscous	V
	<b>Option 3</b>	Carrot, tomato and turmeric soup	V DF GF <u>V</u>
<b>Wednesday</b>	<b>Option 1</b>	Smoked haddock kedgerree (spiced rice and fish with boiled eggs, lemon and yoghurt)	DF* GF
	<b>Option 2</b>	Spaghetti with lentil bolognese	V DF <u>V</u>
	<b>Option 3</b>	Cauliflower and cheddar soup	V GF
<b>Thursday</b>	<b>Option 1</b>	Primrose herd Ham and leek pie with mashed potato	DF*
	<b>Option 2</b>	Falafel scotch eggs with mashed potato	V
	<b>Option 3</b>	Tomato, spinach and mascarpone soup	V GF
<b>Friday</b>	<b>Option 1</b>	Roast chicken with fresh chicken gravy and roast potatoes	DF GF*
	<b>Option 2</b>	Spinach and ricotta baked cannelloni (giant stuffed pasta tubes)	V
	<b>Option 3</b>	Squash and red lentil soup	V DF GF <u>V</u>

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. Option three is now soup for the winter.

Each day it will come with a different type of bread and topping, along with raw veg sticks to dunk.

See the daily blackboard for more details on where our produce comes from.

<b>V</b>	Vegetarian (including no fish)
<b>DF</b>	Dairy free or can be dairy free on request (including no eggs) if starred
<b>GF</b>	Gluten free or can be made gluten free on request if starred
<b><u>V</u></b>	Main part of dish naturally vegan

Please ensure the kitchen are fully aware of any allergies.

kitchen@marlborough.cornwall.sch.uk