

Marlborough Lunch Menu



Monday 11th January – Friday 15th January 2016

Monday	Option 1	Jacket potato, organic baked beans and Davidstow cheddar cheese	V DF GF
Meat Free	Option 2	Roast vegetable lasagne with brown rice	V
	Option 3	Curried parsnip soup with toasted coconut chips and pitta breads	V DF GF
Tuesday	Option 1	Sausage, tomato and spinach pasta bake	DF
	Option 2	Breaded sardines in tortilla wraps with shredded lettuce and carrot salad	
	Option 3	Carrot, tomato and turmeric soup with corn salsa and Stones baguette	V DF GF
Wednesday	Option 1	Slow roast pork with roast potatoes and gravy	DF GF
	Option 2	Celeriac rosti with roast potatoes and onion gravy	V GF
	Option 3	Veggie minestrone soup with cheese straws	V
Thursday	Option 1	Lemon and herb crumbed salmon with brown rice and tartare sauce	DF
	Option 2	Winter vegetable filo topped pie with roast new potatoes	V
	Option 3	Cauliflower and leek soup with toasted seeds and fresh soda bread	V GF DF
Friday	Option 1	Turkey meatballs in tomato sauce with couscous or mashed potato	DF
	Option 2	Sesame coated halloumi cheese with tomato and ginger noodles	V
	Option 3	Roasted butternut squash and coconut soup with kale crisps and sourdough 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. 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.

- 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
- V** Main part of dish naturally vegan

Please ensure the kitchen are fully aware of any allergies.
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