

# Marlborough Lunch Menu



Monday 17th October – Friday 21st October 2016

<b>Monday</b> <b>Meat Free</b>	Option 1	Margherita pizza	V DF* <u>V*</u>
	Option 2	Pumpkin, feta and spinach pizza	V DF* <u>V*</u>
	Option 3	Spicy sweet potato and red lentil soup	V DF GF <u>V</u>
<b>Tuesday</b>	Option 1	Wholemeal penne pasta with chicken, tomato and olive sauce	DF
	Option 2	Lentil and bean baked enchiladas	V DF* <u>V*</u>
	Option 3	Cauliflower cheese soup	V
<b>Wednesday</b>	Option 1	Ham risotto	DF* GF <u>V*</u>
	Option 2	Cornish squash and goats cheese lasagne	V
	Option 3	Tomato and sesame soup	V DF GF <u>V</u>
<b>Thursday</b>	Option 1	Lamb shepherd's pie	DF*
	Option 2	Cheesy polenta with organic baked beans	V GF <u>V*</u>
	Option 3	Saffron squid stew with garlic bread	DF GF
<b>Friday</b>	Option 1	Thai slow cooked beef curry with brown rice	DF GF
	Option 2	Leek, potato and thyme pasties	V
	Option 3	Minestrone (tomato, veg, bean and pasta) soup	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 in the hall and is a soup or stew served with a bread and raw veg sticks. See the daily blackboard for more details on accompaniments each day. We recommend mixing it up throughout the options during the week! All our eggs and chicken are free-range.

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

Please ensure the kitchen are fully aware of any allergies.  
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