

Marlborough Lunch Menu



Monday 7th to Friday 11th March 2016

Monday	Option 1	Sausage and mash with gravy	DF*
	Option 2	Pasta with cannellini beans and wild garlic pesto	V
	Option 3	Spanish fish and seafood stew	DF GF
Tuesday Meat Free	Option 1	Jacket potato, with organic baked beans and/or Davidstow cheddar	V DF* GF
	Option 2	Halloumi veggie burgers with baked polenta triangles and organic baked beans	V
	Option 3	Carrot and ginger soup	V DF GF
Wednesday	Option 1	Beef chilli with rice and sweet potato mash	DF GF
	Option 2	Roast Cornish squash and melted brie flaky pastry tart	V
	Option 3	Coconut daal (mildly spicy lentil and coconut milk soup)	V DF GF
Thursday	Option 1	Herb crusted salmon with new potato salad	DF* GF*
	Option 2	Falafels in pittas with hummus, couscous and salad	V
	Option 3	Roast squash, sweet potato and lentil soup	V DF GF
Friday	Option 1	Free range Cornish chicken, bacon and sweetcorn filo pie	
	Option 2	Spaghetti frittata (omelette with spaghetti in)	V
	Option 3	Tomato soup	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) if starred
- GF** Gluten free or can be made gluten free on request if starred
- V** Main part of dish naturally vegan

Please ensure the kitchen are fully aware of any allergies.
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