

# Marlborough Lunch Menu



Tuesday 5<sup>th</sup> January – Friday 8<sup>th</sup> January 2015

## Monday

Inset Day

<b>Tuesday</b> Meatfree	Option 1	Jacket potato, organic baked beans and Davidstow cheddar cheese	V DF GF <u>V</u>
	Option 2	Sweetcorn pancakes with tomato rice salad	V
	Option 3	Coconut daal with garlic bread and crispy kale	V DF GF <u>V</u>
<b>Wednesday</b>	Option 1	Organic wholewheat penne pasta with beef Bolognese	DF
	Option 2	Falafal scotch eggs (boiled egg, coated in crushed yummy chickpeas and baked in breadcrumbs) with brown rice	V
	Option 3	Tomato, spinach and mascarpone soup with Stone's sourdough and toasted seeds	V GF
<b>Thursday</b>	Option 1	Little Thai fish cakes with tomato and ginger sauce and couscous	DF
	Option 2	Spaghetti with lentil Bolognese	V DF <u>V</u>
	Option 3	Bean and broccoli soup with croutons and soda bread	V GF
<b>Friday</b>	Option 1	Roast free-range Cornish chicken, roast potatoes and fresh gravy	DF GF
	Option 2	Veggie pasties with roast potatoes and onion gravy	V
	Option 3	Curried Cusgarne squash and lentil soup with toasted coconut chips and cheese straws	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.

**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.  
 kitchen@marlborough.cornwall.sch.uk