

Marlborough Lunch Menu



Monday 28th November - 2nd December 2016

Monday Meat Free Monday	Option 1	Fresh Margherita Pizza	V DF* <u>V*</u>
	Option 2	Florentine pizza, spinach, ricotta and egg	V DF*
	Option 3	Carrot and ginger soup	V DF GF <u>V</u>
Tuesday	Option 1	Mild beef chilli with brown rice	DF GF
	Option 2	Pasta with kale 'nut free' pesto	V DF* <u>V*</u>
	Option 3	Cauliflower cheese soup	V
Wednesday	Option 1	Pulled lamb with hummus, salad, pitta bread and crushed new potatoes	DF GF* <u>V*</u>
	Option 2	Falafel rolls with hummus and crushed new potatoes	V <u>V*</u>
	Option 3	Tomato and sesame soup	V DF GF <u>V</u>
Thursday	Option 1	Fishcakes in spiced tomato sauce with seeded couscous or baguette	
	Option 2	Cheesy polenta triangles with organic baked beans	V DF* GF <u>V*</u>
	Option 3	Chorizo, pearl barley and bean stew	
Friday	Option 1	Toad in the hole with fresh onion gravy and mashed potato	
	Option 2	Roast butternut and goats cheese lasagne	V
	Option 3	Creamy winter root veg soup	V DF GF <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

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