

Marlborough Lunch Menu



Monday 26th – Friday 30th September 2016

Monday	Option 1	Jacket potato with organic baked beans and/or Davidstow cheddar	V DF GF <u>V</u>
Meat Free	Option 2	Falafel scotch eggs with couscous	V
	Option 3	Indian fish soup with Stones bread and veg sticks	DF GF
Tuesday	Option 1	Pasta Bolognese	DF
	Option 2	Chickpea, tomato and coconut curry with brown rice	V DF GF <u>V</u>
	Option 3	Smoked mackerel pate and cucumber open sandwiches	GF*
Wednesday	Option 1	Lemon and herb crusted salmon with Cornish new potatoes and optional herby yoghurt sauce	DF
	Option 2	Pea risotto with sweet potato cakes	V DF* GF* <u>V*</u>
	Option 3	Roast cherry tomato and basil pasta salad	V DF <u>V</u>
Thursday	Option 1	Baked gammon with optional fresh baked pineapple	DF GF
	Option 2	White bean and pepper cheesy quesadillas	V DF* <u>V*</u>
	Option 3	Beetroot and halloumi balls with salads	V
Friday	Option 1	Chicken pieces baked in Hunter's sauce (tomato and olive) with brown rice	DF GF
	Option 2	Indian daal (lentil coconut mild soup) with Stones Bakery bread and brown rice	V DF GF <u>V</u>
	Option 3	Homity pies with salads	V

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 buffet style in the hall and is either a soup (served with a bread and veg sticks) or a cold option, served with salads. See the daily blackboard for more details on accompaniments each day. We recommend mixing it up throughout the options during the week!

V/V* Vegetarian (including no fish) or can be made veggie on request if starred
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
V/ V* Main part naturally vegan or can be made vegan on request if starred

Please ensure the kitchen are fully aware of any allergies.
 kitchen@marlborough.cornwall.sch.uk