

Marlborough Lunch Menu



Monday 14th September - Friday 18th September 2015

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| Monday | Option 1 | Cornish jacket potato, organic baked beans and Davidstow cheddar cheese | V DF GF |
| Meat Free | Option 2 | Roast organic squash and sweet potato soup with Stones baguette | V |
| | Option 3 | Boiled eggs and seasonal coleslaw salad | V GF |
| Tuesday | Option 1 | Breaded baked Cornish sardines with organic pasta in tomato sauce | |
| | Option 2 | Egg fried brown rice with soy, optional chilli sauce and seasonal veggies | V |
| | Option 3 | Roast ham and chutney salad bar | DF GF |
| Wednesday | Option 1 | Etherington's sausage and mashed potato | DF |
| | Option 2 | Leek, Davidstow cheese and potato pasties | V |
| | Option 3 | Smoked mackerel pâté (creamy spread) and crostini (crispy toasts) salad | |
| Thursday | Option 1 | Herb crusted side of salmon with couscous | DF |
| | Option 2 | Organic wholewheat penne with pea pesto | V |
| | Option 3 | Speckled lentil, roast veg and goats cheese salad | V GF |
| Friday | Option 1 | Roast free range Cornish chicken, with roast potatoes and gravy | DF |
| | Option 2 | Handmade veggie bean burgers with roast potatoes. | V |
| | Option 3 | Tomato and chickpea salad | 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. The new salad option will be self-serve and also include a choice of other items from the salad bar (a range of healthy, yummy and balanced foods). See the daily blackboard for more details.

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| V | Vegetarian (including no fish) |
| DF | Dairy free or can be dairy free on request (including no eggs) |
| GF | Naturally gluten free |
| V | Naturally vegan |

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