

# Marlborough Lunch Menu



Monday 12<sup>th</sup> September – Friday 16<sup>th</sup> 2016

<b>Monday</b>	Option 1	Jacket potato with organic baked beans and Davidstow cheddar	V DF GF
<b>Meat Free</b>	Option 2	Beetroot halloumi burgers with tomato couscous	V
	Option 3	Carrot, lentil and Cornish swede soup with maltstar sourdough and veg sticks	V DF GF
<b>Tuesday</b>	Option 1	Turkey and courgette burgers in buns	DF*
	Option 2	Cheesy squash and pea risotto	V GF
	Option 3	Coleslaw and boiled eggs with salads	V GF
<b>Wednesday</b>	Option 1	Creamy fish pie with pastry lid and roast Cornish new potatoes	
	Option 2	Veggie mushroom 'meatballs' with pasta and tomato sauce	V DF*
	Option 3	Soy, sesame and shredded carrot noodle salad	V DF
<b>Thursday</b>	Option 1	Beef, bacon and squash stew with brown rice and baguette	DF
	Option 2	Sweetcorn and red pepper pancakes with smoky paprika roast potatoes	V
	Option 3	Hummus and lentil lettuce cups with salads and baguette	V DF GF
<b>Friday</b>	Option 1	Etherington's sausage and mash with fresh chicken gravy	DF GF
	Option 2	Creamy summer vegetable spaghetti	V
	Option 3	Breaded mackerel wraps with salads	DF*

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)

**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.