

# Marlborough Lunch Menu



**Monday 24<sup>th</sup> April – Friday 28<sup>th</sup> April 2017**

<b>Monday</b> <b>Meat Free</b>	<b>1</b>	<b>Pizza</b> Fresh Margherita or 'special of the day' pizza, with boiled free range eggs, fresh coleslaw and seasonal veggies to accompany.	<b>V DF* V*</b>
	<b>2</b>	<b>Chickpea and pearl barley spring soup</b> Chunky broth with spring veg and tomatoes, served with Stones bread and raw veggie sticks to dunk.	<b>V DF V</b>
<b>Tuesday</b>	<b>1</b>	<b>Lemon and herb crusted hake</b> Breaded Cornish hake, served with crushed new potatoes, tartare sauce and seasonal veggies.	<b>DF</b>
	<b>2</b>	<b>Spicy lentil pasties</b> Our mini homemade, mildly spicy pasties, served with crushed new potatoes and seasonal veggies.	<b>V</b>
<b>Wednesday</b>	<b>1</b>	<b>Beef lasagne</b> Organic Cornish mince lasagne, with fresh béchamel sauce, organic pasta and cheddar, served with seasonal veggies	<b>DF*</b>
	<b>2</b>	<b>Squash and goats cheese lasagne</b> Our yummy veggie lasagne with roast butternut squash, béchamel sauce, goats cheese, tomato, spinach and red peppers, served with seasonal veggies	<b>V</b>
	<b>3</b>	<b>Carrot and ginger soup</b> Smooth and velvety soup served with Stones bread and raw veggie sticks to dunk	<b>V DF V</b>
<b>Thursday</b>	<b>1</b>	<b>Roast chicken dinner</b> Cornish free range chicken, fresh chicken gravy, roast potatoes and seasonal steamed vegetables.	<b>DF</b>
	<b>2</b>	<b>Vegan roast dinner</b> Our handmade bean burgers, with onion gravy, roast potatoes and seasonal steamed vegetables.	<b>V DF V</b>
	<b>3</b>	<b>Greek salad wraps</b> Fresh tomato, feta, cucumber and oregano wraps with a mix of salads on the buffet bar	<b>V</b>
<b>Friday</b>	<b>1</b>	<b>Pasta with pork ragu</b> Organic penne wholewheat pasta served with rich tomato and slow cooked Cornish pork sauce, cheddar and seasonal veggies.	<b>DF V*</b>
	<b>2</b>	<b>Homity pie and salad</b> Cheddar, potato and mustard mini pies with a range of salads on the buffet bar.	<b>V</b>

Sometimes our seasonal veg is steamed, sometimes roast, sometimes stir fried, but we decide on it the day before to make sure we can make the most of what's best value and available locally or more further afield. Same goes for our salads, we choose them the day before but ensure there's always a good mix of simple and more adventurous, light and more filling.

**V/V\*** Vegetarian (including no fish) or can be made veggie on request if starred  
**DF/DF\*** Dairy free (including no eggs) or can be made dairy free on request if starred  
**V/V\*** Naturally vegan or can be made vegan on request if starred