

Marlborough Lunch Menu



Monday 6th – Friday 10th June 2016

Monday	Option 1	Jacket potato, organic baked beans and/or Davidstow cheddar cheese	V DF GF <u>V</u>
Meat Free	Option 2	Bean chilli enchiladas (tortilla wraps filled and baked with cheese) with brown rice	V DF* <u>V*</u>
	Option 3	Green summer vegetable minestrone (pasta soup) with Stones bread and veg sticks	V DF <u>V</u>
Tuesday	Option 1	Lemon and herb crusted salmon with new potato and olive salad or quinoa (couscous type grain)	DF
	Option 2	Butternut squash, bean and sage risotto with toasted seeds and cherry tomatoes	V GF
	Option 3	Greek salad (tomato, olive, feta, oregano) wraps with other mixed salads	V DF* <u>V*</u>
Wednesday	Option 1	BBQ pulled pork in Stones brioche buns with salads and brown rice	DF* GF*
	Option 2	Creamy summer vegetable pasta	V
	Option 3	Beetroot and halloumi balls with tzatziki (cucumber yoghurt dip), pitta breads and salads	V GF*
Thursday	Option 1	Spaghetti Bolognese	DF GF*
	Option 2	Sweetcorn and pepper pancakes with brown rice and cherry tomato chutney	V
	Option 3	Homity pies and salads	V
Friday	Option 1	Hunter's chicken stew with wholegrain seeded couscous	DF GF*
	Option 2	Carrot, sun dried tomato and herb frittata with wholegrain seeded couscous	V GF
	Option 3	Roast cherry tomato, basil and chickpea pasta salad	V DF <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 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** Vegetarian (including no fish)
- DF** Dairy free or can be made dairy free on request (including no eggs) if starred
- GF** Main part naturally gluten free or can be made gluten free on request if starred
- V** 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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