

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
<u>V</u>	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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