

Marlborough Lunch Menu



Monday 20th – Friday 24th 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	Butternut squash fritters and pea risotto	V GF*
	Option 3	Tomato and sesame soup with Stones bread and veg sticks	V DF GF <u>V</u>
Tuesday	Option 1	Pasta Puttanesca bake (tuna, tomato and olive sauce) with mozzarella	DF*
	Option 2	Red pepper and broccoli frittata	V GF
	Option 3	Hummus and roast veg pizza bread with salads	V DF <u>V</u>
Wednesday	Option 1	Cornish beef and courgette burgers in Stones buns with pickles and salads	DF*
	Option 2	Lentil, spinach and aubergine curry with brown rice	V DF GF <u>V</u>
	Option 3	Cheese and tomato wraps with salads	V
Thursday	Option 1	Chicken, ham and leek filo pastry topped pie	DF*
	Option 2	Beetroot burgers in Stones buns with pickles and salads	V
	Option 3	Cherry tomato, basil and mozzarella pasta salad	V DF* <u>V*</u>
Friday	Option 1	Spiced turkey meatballs in tomato sauce with mashed potato	DF* GF*
	Option 2	Spinach and feta filo pie with tomato quinoa	V
	Option 3	Mackerel pate and cucumber open sandwiches with salads	

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
<u>V/ V*</u>	Main part naturally vegan or can be made vegan on request if starred