

Marlborough Lunch Menu



Monday 30th January – Friday 3rd February 2017

Monday Meat Free

1

Jacket Potatoes

Served hot with fresh seasonal coleslaw, organic baked beans, seasonal veg and 'help yourself' Cornish cheddar and butter

V DF V*

2

Tomato and sesame Soup

Smooth tomato, miso and tahini soup with raw veggie sticks and pitta breads to dunk

V DF V

Tuesday

1

Pasta with beef meatballs

Wholewheat penne pasta, served with beef meatballs in tomato sauce with seasonal veggies and cheddar cheese.

DF*

2

Pasta with veggie 'meat' balls

Wholewheat penne pasta, served with our fresh mushroom 'meat' balls in tomato sauce with seasonal veggies and cheddar cheese.

V DF* V*

3

Smoked mackerel pate open sandwiches

Fresh pate and cucumber on Stones bread, served with mixed salads on the buffet bar.

Wednesday

1

Sausage and mash

Etherington's chipolata sausages, served with creamy mash, seasonal veggies and fresh gravy.

DF

2

Spinach and feta pie

'Spanakopita' filo pie served either with mash and seasonal veggies or with a mix of salads on the buffet bar.

V V*

Thursday

1

Lamb and ratatouille

Slow cooked roast lamb shoulder with fresh roast vegetable ratatouille and couscous

DF

2

Halloumi and ratatouille

Sesame seed coated halloumi slices fried and served with fresh roast vegetable ratatouille and couscous

V V*

3

Sweet potato soup

Creamy smooth sweet potato and paprika soup with raw veggies sticks and Stones bread to dunk.

V DF V

Friday

1

Prawn, fish and chorizo

Fish, cooked in tomato sauce with mild chorizo, served hot with seasonal veggies and brown basmati rice

DF

2

Chow mein noodles

Stir fried veg and tofu, with wholewheat noodles in a soy, garlic honey and ginger sauce.

V DF V

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*
DF/DF*
V/ V*

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