

Marlborough Lunch Menu



Monday 27th June – Friday 1st July 2016

Monday	Option 1	Jacket potato, organic baked beans and/or Cornish cheddar cheese	V DF GF <u>V</u>
Meat Free	Option 2	Carrot, sundried tomato and herb frittata	V GF
	Option 3	Indian fish soup (smoked haddock) with Stones bread and veg sticks	DF GF
Tuesday	Option 1	Etherington's sausage and broccoli pasta bake	DF*
	Option 2	Sweetcorn pancakes with brown rice and chutney	V
	Option 3	Beetroot and brie puff pastry tart with salads	V
Wednesday	Option 1	Cornish fishcakes in spiced tomato sauce with couscous	DF*
	Option 2	Chickpea patatas bravas (potatoes roasted with paprika and tomato) with boiled eggs	V DF* GF <u>V*</u>
	Option 3	Butternut squash and feta muffins with salads	V
Thursday	Option 1	Lamb Shepherd's pie	DF GF
	Option 2	Creamy summer vegetable spaghetti	V
	Option 3	Breaded mackerel salad wraps	DF*
Friday	Option 1	Roast beef brisket with roast potatoes and fresh beef gravy	DF GF*
	Option 2	Coconut daal with rice	V DF GF <u>V</u>
	Option 3	Fresh red pesto and sweetcorn pasta salad	V

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

Please ensure the kitchen are fully aware of any allergies.