

# Marlborough Lunch Menu



Monday 10<sup>th</sup> – Friday 14th October 2016

<b>Monday</b>	Option 1	Jacket potato with organic baked beans and/or Davidstow cheddar	V DF GF <u>V</u>
<b>Meat Free</b>	Option 2	Cauliflower and kale macaroni cheese	V
	Option 3	Curried local parsnip soup with fresh soda bread and veg sticks	V DF GF* <u>V</u>
<b>Tuesday</b>	Option 1	Creamy smoked salmon and broccoli pasta	DF* <u>V*</u>
	Option 2	Aubergine parmigiana with brown rice	V GF
	Option 3	Roast pepper and feta quinoa salad	V DF* GF <u>V*</u>
<b>Wednesday</b>	Option 1	Slow roast lamb with ratatouille (mixed vegetables in tomato sauce) and herby seeded couscous	DF GF*
	Option 2	Halloumi veggie burgers with ratatouille (mixed vegetables in tomato sauce and herby seeded couscous)	V
	Option 3	Fresh green pesto pasta with salads	V DF* <u>V*</u>
<b>Thursday</b>	Option 1	Chicken, bacon and sweetcorn filo pie	
	Option 2	Roast squash and tomato risotto with crunchy seeds	V DF* GF <u>V*</u>
	Option 3	Tuna Niçoise salad (new potatoes, boiled eggs, green beans, olives, tuna)	DF* GF <u>V*</u>
<b>Friday</b>	Option 1	Beef lasagne with roast sweet potato chunks	
	Option 2	Veggie stir fry chow mein noodles	V DF <u>V</u>

No option 3 today!

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) or can be made veggie on request if starred  
**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  
**V/ 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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