

Marlborough Lunch Menu



Monday 9th – Friday 13th May 2016

Monday	Option 1	Jacket potato, organic baked beans and/or Davidstow cheddar cheese	V DF GF <u>V</u>
Meat Free	Option 2	Chickpea, coconut and tomato curry with organic brown rice and pitta bread	V DF GF <u>V</u>
	Option 3	Cornish cauliflower soup with Stones bread	V
Tuesday	Option 1	Cornish lamb, coconut and tomato curry with organic brown rice and natural yoghurt	DF GF
	Option 2	Margherita Pizza and boiled eggs and fresh lemony coleslaw	V DF* <u>V*</u>
	Option 3	Gardening club's rainbow chard cheesy quiche with salads	V
Wednesday	Option 1	Pork and beef chow mein noodles	DF
	Option 2	Roast vegetable and lentil lasagne	V <u>V*</u>
	Option 3	Smoked salmon, cream cheese and cucumber open sandwich with salads	GF**
Thursday	Option 1	Kedgeriee (mild spiced brown rice, smoked haddock and boiled eggs) with natural yoghurt and fresh coriander	DF* GF
	Option 2	Chimichangas (potato and bean filled baked tortilla parcels)	V <u>V*</u>
	Option 3	Wild leek pesto and pea pasta salad	V
Friday	Option 1	Sausage and mash with cauliflower cheese	DF* GF*
	Option 2	Spinach and ricotta stuffed cannelloni	V
	Option 3	Chicken Caesar salad with Stones bread	GF*

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

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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