# Marlborough Lunch Menu

Monday 3rd October – Friday 7th October 2016

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| **Monday** **Meat Free** | Option 1 | Margherita pizza | VDF* V* |
| | Option 2 | Florentine pizza (tomato, cheese, spinach and egg) | V |
| | Option 3 | Curried squash soup with veg sticks and Stone's Bakery Bread | V DF GF V |
| **Tuesday** | Option 1 | Mild lamb, tomato and coconut curry with organic brown rice and yoghurt | DF GF |
| | Option 2 | Creamy autumn vegetable spaghetti | V DF V* |
| | Option 3 | Broccoli and herby quiche with salads | V |
| **Wednesday** | Option 1 | Turkey and courgette burgers in Stones buns with herb and seed couscous | DF* |
| | Option 2 | Chocolate bean chilli with organic brown rice, yoghurt and avocado | V DF GF V |
| | Option 3 | Greek salad (feta, tomato, oregano, olive) wraps with salads | V DF V* |
| **Thursday** | Option 1 | Pasta with fresh sardines in tomato sauce | DF V* |
| | Option 2 | Baked sweet potatoes with baked beans | V DF GF V* |
| | Option 3 | Carrot and sundried tomato frittata with salads and hummus | V GF |
| **Friday** | Option 1 | Sausage and mash with fresh meat gravy | DF* |
| | Option 2 | Vegan Shepherd's Pie (with lentils) | V DF V* |
| | | 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! All our eggs and chicken are free-range.

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| **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 |
| 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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