

Marlborough Lunch Menu



Monday 12th – Friday 16th October 2015

Monday	Option 1	Cornish jacket potato, organic baked beans and Davidstow cheddar cheese	V DF GF
Meat Free	Option 2	Spinach and feta (salty Greek cheese) filo pie with couscous	V
	Option 3	Boiled eggs and seasonal coleslaw salad bar	V GF
Tuesday	Option 1	Beef lasagne, with organic brown rice	DF
	Option 2	Squash, goats cheese and spelt (nutrient dense type of wheat flour) muffins with brown rice	V
	Option 3	Roast ham and chutney salad bar	DF GF
Wednesday	Option 1	Lamb shepherd's pie with mashed potato topping	DF
	Option 2	Organic pasta with aubergine, red lentil and tomato sauce with boiled eggs	V DF
	Option 3	Smoked mackerel pâté (creamy spread) and crostini (crispy toasts) salad bar	
Thursday	Option 1	Baked fish cakes with optional sweet chilli and potato wedges	DF
	Option 2	Tomato and white bean soup with bread and pumpkin seedy croutons	V
	Option 3	Cheddar, hummus and beetroot ball salad	V GF DF
Friday	Option 1	Free-range chicken, bacon and sweetcorn pie, topped with flaky pastry, with couscous	
	Option 2	Thai green chickpea veggie curry with egg noodles	V DF
	Option 3	Tomato and mozzarella salad bar	V GF

Option one and two will be served with plenty of veggies, local when possible and in a range of styles (raw, roasted, steamed, salads) throughout the week. The new salad option will be self-serve and also include a choice of other items from the salad bar (a range of healthy, yummy and balanced foods). See the daily blackboard for more details.

V	Vegetarian (including no fish)
DF	Dairy free or can be dairy free on request (including no eggs)
GF	Naturally gluten free
V	Naturally vegan

Please ensure the kitchen are fully aware of any allergies.