

Marlborough Lunch Menu



Monday 9th – Friday 13th November 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	Broccoli, leek and apple soup with Stones baguettes and toasted seeds	V GF DF
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	Chickpea daal (mildly spicy indian soup) with white organic pitta breads and natural yoghurt	DF GF
Wednesday	Option 1	Lamb shepherd's pie with mashed potato topping	DF
	Option 2	Organic pasta with smooth aubergine, red lentil and tomato sauce and boiled eggs	V DF
	Option 3	Bacon, barley and bean soup with parmesan cheese and Stones sourdough	DF
Thursday	Option 1	Baked fish cakes with optional sweet chilli sauce and potato wedges	DF
	Option 2	Sweetcorn pancakes with potato wedges	V
	Option 3	Beetroot soup with garlic croutons and warm tortilla wrap rolls	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 brown rice	V DF
	Option 3	Tomato soup with drizzle of cream and cheesy soda bread	V GF DF

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. Option three is now soup for the winter period. Each day it will come with a different type of bread and different topping, along with raw veg sticks to dunk. 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	Gluten free or can be made gluten free on request
V	Naturally vegan