

Marlborough Lunch Menu



Monday 7th – Friday 11th December 2015

Monday	Option 1	Jacket potato, organic baked beans and Davidstow cheddar cheese	V DF GF
Meat Free	Option 2	Green veggie risotto (creamy Italian rice dish)	V GF
	Option 3	Carrot and ginger soup with yogurt, toasted seeds, veg sticks and pitta breads	V DF GF V
Tuesday	Option 1	Sausage and butter bean cassoulet (tomato based bake, topped with breadcrumbs) with mash	DF
	Option 2	Aubergine parmigiana (layered lasagne style bake) with mashed potato	
	Option 3	White winter veg soup with crispy kale and sourdough bread	V GF
Wednesday	Option 1	Slow cooked shredded lamb with fresh hummus, couscous and pitta breads	DF GF
	Option 2	Beetroot burgers in pittas with fresh hummus and couscous	V
	Option 3	Pea and coconut soup with toasted garlic breadcrumbs, veg sticks and baguette	V DF GF V
Thursday	Option 1	Smoked salmon and pea creamy pasta	
	Option 2	Homity pie (Cornish cheese and potato pie)	V
	Option 3	Tomato and lentil soup with cheese straws, veg sticks and sourdough bread	V DF GF V
Friday	Option 1	Mild beef mince chilli with brown rice, tortilla wraps and natural yoghurt	DF GF
	Option 2	Smashed bean and pepper quesadillas (tortilla toasties) with brown rice	V DF
	Option 3	Creamy mushroom soup with garlic croutons and soda bread and	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. Option three is now soup for the winter. Each day it will come with a different type of bread and topping, along with raw veg sticks to dunk. See the daily blackboard for more details on where our produce comes from.

- 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** Main part of dish naturally vegan

Please ensure the kitchen are fully aware of any allergies.