



**GREAT  
BALLARD**

# Weekly Lunch Menu

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Soup	Smokey roasted pepper	Carrot & ginger	mushroom	Butternut, lentil & thyme	Potato & broccoli
Mains	Build your own Chilli beef burritos	Chicken pesto pasta	Roast beef served with Yorkshire pudding	Shepherds pie served with minted gravy	BBQ Pulled pork & slaw buns
Vegetarian	Build your own three bean burrito	Macaroni cheese	Stuffed pepper feta boats	Lentil cottage pie	Halloumi burger
Sides	Steamed rice sweetcorn Tortilla chips soured cream, cheese & guacamole	Garlic butter toasted bun Green beans & roasted cherry tomato Steamed broccoli	Rustic roasted potatoes Cauliflower cheese Roasted carrots	Green vegetable medley Sauteed mushrooms Fresh baked petit pain	Coated fries Baked beans Crispy onions
Extras	Fresh Salad Bar Jacket Potato Snack item available daily	Fresh Salad Bar Jacket Potato Snack item available daily	Fresh Salad Bar Jacket Potato Snack item available daily	Fresh Salad Bar Jacket Potato Snack item available daily	Fresh Salad Bar Jacket Potato Snack item available daily
Dessert	Churros with sweetened cinnamon	Belgium waffles served with fruit compote	tiramisu	Sticky toffee pudding & toffee sauce	Chocolate whip

FRESH FRUIT & YOGHURT AVAILABLE EVERYDAY

FOR ALLERGEN & NUTRITION INFORMATION PLEASE SPEAK TO A MEMBER OF THE TEAM



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# Weekly Lunch Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup served with fresh baked bread	Cream of fennel	Oven roasted pepper & tomato	Mixed bean soup	Pea & mint	Sweet potato, Chilli & lime
Mains	Traditional beef lasagna	Chinese style chicken curry	Pork & leek sausages Sauteed onions	Smokey tomato pasta With crispy bacon & parmesan topper	Southern non fried chicken bao buns served with Asian slaw
Vegetarian	Spinach & mushroom lasagna	Veggie Yaki Udon	Good life mighty non meaty sausages	Roasted garlic & mushroom gnocchi	Chilli non chicken bao buns served with Asian slaw
Sides	Roasted Mediterranean vegetables Broccoli Freshly made garlic & herb bread	Steamed rice Prawn crackers Asian roasted vegetables	Creamy mashed potatoes Peas Honey roasted carrots	Fresh baked focaccia bread with tomato and pumpkin seeds Sweetcorn Sauteed mushrooms	Fries Asian slaw sweetcorn
Extras	Fresh Salad Bar Jacket Potato Snack item available daily	Fresh Salad Bar Jacket Potato Snack item available daily	Fresh Salad Bar Jacket Potato Snack item available daily	Fresh Salad Bar Jacket Potato Snack item available daily	Fresh Salad Bar Jacket Potato Snack item available daily
Dessert	fruit crumble served with custard	Pineapple fritter served with ice cream toffee sauce	Cherry cheesecake	Self saucing jaffa pudding served with custard	Buttermilk pancakes served with fruit compote

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<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Soup	Carrot & Sweet Potato	Mexican Bean	Mediterranean Green Lentil	Vegetable	Celeriac & Apple
Mains	Smokey sausage pasta	Sweet & sour chicken with onions, peppers & pineapple	Roast gammon with apple sauce	Spaghetti bolognaise	Fish fingers Or scampi
Vegetarian	Roasted vegetable pasta bake	Sweet & sour tofu	Upside down roasted tomato tart	Creamy tomato & mozzarella orzo	Bbq vegetable quesadilla topped with sour cream & bbq drizzle
Sides	Garlic bread Roasted mediterranean vegetables sweetcorn	Egg fried rice Steamed pak choi Sauteed broccoli Prawn crackers	Rustic roasted potatoes Roasted honeyed carrots cauliflower	Parmesan cheese Green beans sweetcorn	Fries Baked beans Mushy peas
Extras	Fresh Salad Bar Jacket Potato Snack item available daily	Fresh Salad Bar Jacket Potato Snack item available daily	Fresh Salad Bar Jacket Potato Snack item available daily	Fresh Salad Bar Jacket Potato Snack item available daily	Fresh Salad Bar Jacket Potato Snack item available daily
Dessert	Apple crumble & custard	Key lime pie	Rainbow jelly pot	Raspberry whip	Ice cream pot

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