



SALAD BAR

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DAILY NATURAL SALADS

Sweetcorn
...
Cos lettuce
...
Heritage radishes

Sweetcorn
...
Cos lettuce
...
Spring onions

Sweetcorn
...
Cos lettuce
...
Shaved fennel

Sweetcorn
...
Cos lettuce
...
Grated carrots

Sweetcorn
...
Cos lettuce
...
Green beans

SIMPLE CLASSICS

Mixed leaves
...
Tomatoes
...
Cucumber

Mixed leaves
...
Tomatoes
...
Cucumber

Mixed leaves
...
Tomatoes
...
Cucumber

Mixed leaves
...
Tomatoes
...
Cucumber

Mixed leaves
...
Tomatoes
...
Cucumber

CARBS

Classic potato salad
(E)

Curried pasta salad
(G)

Sweet potato, spring onion & feta **(Mk)**

Brown rice & broad bean salad

Zesty orzo salad
(G,Su)

COMPLEX SALADS

Moroccan aubergine & chickpea

Mediterranean lentil salad

Mexican bean salad
(G)

Classic Russian salad
(E)

Indian style lime & chilli coleslaw
(E,Su)

Please ask our allergen guru for any specific allergen information!



Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals containing Gluten
L = Lupin

Mk = Milk
Mo = Molluscs
Mu = Mustard

N = Nuts
P = Peanuts
Se = Sesame Seeds

So = Soya
Su = Sulphur Dioxide



SALAD BAR

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DAILY NATURAL SALADS

Grated carrots
...
Red onion
...
Mushrooms

Grated carrots
...
Red onion
...
Roasted Beetroot

Grated carrots
...
Red onion
...
Shaved courgettes

Grated carrots
...
Red onion
...
Radishes

Grated carrots
...
Red onion
...
Raw broccoli

SIMPLE CLASSICS

Mixed leaves
...
Tomatoes
...
Cucumber

Mixed leaves
...
Tomatoes
...
Cucumber

Mixed leaves
...
Tomatoes
...
Cucumber

Mixed leaves
...
Tomatoes
...
Cucumber

Mixed leaves
...
Tomatoes
...
Cucumber

CARBS

Stir fry noodle Salad
(G,Eg,So)

Wild rice salad

Summer four grain salad with lemon, garlic and herbs (G,Su)

Squash, orange and pearl barley salad (G)

Sausage and broccoli pasta salad (G)

COMPLEX SALADS

Red cabbage, beetroot and apple salad

Nutless waldorf salad (Ce,E)

Middle eastern lentil salad

Pasta salad with chick peas (G)

Red cabbage and fennel coleslaw (G)

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LOOK OUT!
ALLERGENS

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SALAD BAR

WEEK 3

DAILY NATURAL SALADS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Alfafa Sprouts	Alfafa Sprouts	Alfafa Sprouts	Alfafa Sprouts	Alfafa Sprouts
...
Sliced red peppers	Sliced red peppers	Sliced red peppers	Sliced red peppers	Sliced red peppers
...
Heritage radishes	Green beans	Heritage radishes	Shaved courgettes	Mushrooms

SIMPLE CLASSICS

Mixed leaves	Mixed leaves	Mixed leaves	Mixed leaves	Mixed leaves
...
Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes
...
Cucumber	Cucumber	Cucumber	Cucumber	Cucumber

CARBS

Simple tuna and pasta salad (F,G,E)	Curried rice and raisin salad Curried pasta salad (G)	Classic potato salad (E)	Brown rice & broad bean salad	Grain mustard potato salad (Mu)
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COMPLEX SALADS

Beetroot and feta cheese (Mk)	Curried Chickpea salad	Olives and feta cheese salad (Mk)	Roasted vegetable salad	Mexican Bean Salad
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