



SALAD BAR

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DAILY NATURAL SALADS

Grated carrots
...
Red onion
...
Mushrooms

Cauliflower florets
...
Spinach leaves
...
Roasted Beetroot

Butternut squash
...
Red onion
...
Shaved courgettes

Sweetcorn
...
Sliced peppers
...
Radishes

Grated carrots
...
Green beans
...
Heritage radishes

SIMPLE CLASSICS

Mixed leaves
...
Tomatoes
...
Cucumber

Mixed leaves
...
Tomatoes
...
Cucumber

Mixed leaves
...
Tomatoes
...
Cucumber

Mixed leaves
...
Tomatoes
...
Cucumber

Mixed leaves
...
Tomatoes
...
Cucumber

CARBS

Ribbon courgette & potatoes salad
(G)

Zesty orzo salad
(G)

Persian rice salad
(Mk, Su, Ce)

Mediterranean potato salad
(L)

Super green barley with basil and mint
(G, So)

COMPLEX SALADS

Tomatoes, soft herbs & feta
(Mk, Su)

Pea tabbouleh
(G, Su)

Carrot, coriander sultana & coconut salad

Butter bean & chilli tomato salad
(L)

Tomato & mint salad

Please ask our allergen guru for any specific allergen information!

LOOK OUT!
ALLERGENS

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 3

DAILY NATURAL SALADS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Alfalfa sprouts	Grated carrots	Sweetcorn	Shredded cabbage	Watercress
... Sliced red peppers	... Raw broccoli	... Green beans	... Sliced red peppers	... Red onion
... Heritage radishes	... Green beans	... Heritage radishes	... Shaved courgettes	... Roasted beetroot

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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