



# SALAD BAR

## WEEK 1

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

#### DAILY NATURAL SALADS

Sweetcorn  
...  
Cos lettuce  
...  
Heritage radishes

Beetroot  
...  
Celeriac (Ce)  
...  
Spring onions

Cauliflower florets  
...  
Sliced green peppers  
...  
Shaved fennel

Butternut squash  
...  
Spinach leaves  
...  
Grated carrots

Rocket  
...  
Celery (Ce)  
...  
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 and feta  
(Mk)

Brown rice and broad  
bean salad

Zesty orzo salad  
(G,Su)

#### COMPLEX SALADS

Moroccan aubergine  
and chickpea

Mediterranean lentil  
salad

Mexican bean salad  
(G)

Classic  
Russian salad  
(E)

Indian style lime and  
chilli coleslaw  
(E,Su)

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 2

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

#### DAILY NATURAL SALADS

Alfalfa sprouts  
...  
Sweetcorn  
...  
Mushrooms

Shredded cabbage  
...  
Red onion  
...  
Roasted beetroot

Chicory  
...  
Sliced red peppers  
...  
Shaved courgettes

Celery batons (Ce)  
...  
Watercress  
...  
Radishes

Haricot beans  
...  
Mustard cress  
...  
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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