



SALAD BAR

WEEK 1

DAILY NATURAL SALADS

MONDAY

Sweetcorn
Tomatoes
Cucumber
Mixed leaves
Grated carrots

TUESDAY

Sweetcorn
Tomatoes
Cucumber
Mixed leaves
Grated carrots

WEDNESDAY

Sweetcorn
Tomatoes
Cucumber
Mixed leaves
Grated carrots

THURSDAY

Sweetcorn
Tomatoes
Cucumber
Mixed leaves
Grated carrots

FRIDAY

Sweetcorn
Tomatoes
Cucumber
Mixed leaves
Grated carrots

COMPLEX SALADS

Summery spinach
rice
Red coleslaw
Roasted corn and
pepper

Classic potato
Mixed bean and
rocket
Grated carrot,
sultana and
coconut

Curried pasta
Asian slaw
Kale and red
pepper

Tomato and cous cous
Italian bean
Roasted cauliflower
florets

Mediterranean
potato
Cheese and chive
coleslaw
Seedy spicy carrot

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

DAILY NATURAL SALADS

MONDAY

Sweetcorn
Tomatoes
Cucumber
Mixed leaves
Sliced peppers

TUESDAY

Sweetcorn
Tomatoes
Cucumber
Mixed leaves
Sliced peppers

WEDNESDAY

Sweetcorn
Tomatoes
Cucumber
Mixed leaves
Sliced peppers

THURSDAY

Sweetcorn
Tomatoes
Cucumber
Mixed leaves
Sliced peppers

FRIDAY

Sweetcorn
Tomatoes
Cucumber
Mixed leaves
Sliced peppers

COMPLEX SALADS

Pasta salad with chickpeas
Rainbow slaw
Classic Russian

Crunchy couscous
Watercress, bean and beetroot
Roasted vegetable salad

Curried rice and raisin
Celeriac slaw
Courgette, pumpkin seed and red onion

Grain mustard potato
Green bean and mint
Tomato and roasted red pepper

Roasted vegetable and quinoa
Classic coleslaw
Stir fry noodle

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SALAD BAR

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DAILY NATURAL SALADS

Sweetcorn	Sweetcorn	Sweetcorn	Sweetcorn	Sweetcorn
Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes
Cucumber	Cucumber	Cucumber	Cucumber	Cucumber
Mixed leaves	Mixed leaves	Mixed leaves	Mixed leaves	Mixed leaves
Shaved courgettes	Shaved Courgettes	Shaved Courgettes	Shaved Courgettes	Shaved Courgettes

COMPLEX SALADS

Pea tabouleh	Indian rice	Spinach pesto pasta	Fruity cous cous	Roasted sweet potato and basil
Red cabbage and apple coleslaw	Moroccan aubergine & chickpea	Nutless Waldorf slaw	Butterbean chilli and tomato	Indian style lime and chilli slaw
Middle eastern lentil	Zingy spinach and courgette	Red cabbage, apple and beetroot	Carrot and rocket	Beetroot and feta

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