



SALAD BAR

WEEK 1

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
Grated carrots	Grated carrots	Grated carrots	Grated carrots	Grated carrots

COMPLEX SALADS

Cauliflower rice & lentil salad	Tomato, red onion and mint salad	Coleslaw	Rice salad	Panzanella (Tuscan tomato and bread salad)
Lemony potato salad	"Brown rice and broad bean salad"	Roasted Potato salad	Sweet potato spring onion and feta salad	Sausage and broccoli pasta salad
Stir fry noodle salad	Simple tuna and pasta salad	Mexican Bean Salad	Curried pasta salad	Curried rice and raisin 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
Mt = Mustard

N = Nuts
P = Peanuts
Se = Sesame Seeds

So = Soya
Su = Sulphur Dioxide



SALAD BAR

WEEK 2

DAILY NATURAL SALADS

COMPLEX SALADS

MONDAY

Sweetcorn
Tomatoes
Cucumber
Mixed leaves
Sliced peppers

Coronation Curry
Potato Salad

Roasted
vegetables salad

Simply tuna and
pasta salad

TUESDAY

Sweetcorn
Tomatoes
Cucumber
Mixed leaves
Sliced peppers

Mexican style
quinoa salad

Coleslaw

Roasted vegetable
salad

WEDNESDAY

Sweetcorn
Tomatoes
Cucumber
Mixed leaves
Sliced peppers

Tomatoes, soft
herbs and feta

Curried Chickpea
salad

Rice bean and
brown rice salad

THURSDAY

Sweetcorn
Tomatoes
Cucumber
Mixed leaves
Sliced peppers

Parsley and lentil
salad

Butter bean chilli
and tomato salad

Red cabbage and
apple coleslaw

FRIDAY

Sweetcorn
Tomatoes
Cucumber
Mixed leaves
Sliced peppers

Broccoli and
cauliflower

Fattouche

Pea tabouleh

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SALAD BAR

WEEK 3

DAILY NATURAL SALADS

COMPLEX SALADS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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
				Red cabbage, beetroot and apple salad	Black bean and brown rice salad
	Italian bean salad	Nutless waldorf salad	Kale & red pepper salad		
	Mediterranean lentil salad	Moroccan aubergine & chickpea	Classic Russian salad	Roasted potato salad with cumin and yogurt	Beetroot and feta cheese
	Courgette and potato salad	Grain mustard potato salad	Indian style lime & chilli coleslaw	Carrot and lentil salad	Pasta salad with chickpeas

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