



# 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

#### 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

Coronation Curry  
Potato Salad  
  
Roasted  
vegetables salad  
  
Simply tuna and  
pasta salad

Mexican style  
quinoa salad  
  
Coleslaw  
  
Roasted vegetable  
salad

Tomatoes, soft  
herbs and feta  
  
Curried Chickpea  
salad  
  
Rice bean and  
brown rice salad

Parsley and lentil  
salad  
  
Butter bean chilli  
and tomato salad  
  
Red cabbage and  
apple coleslaw

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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