



SALAD BAR

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DAILY NATURAL SALADS

Sweetcorn
...
Cos lettuce
...
Sliced peppers

Sweetcorn
...
Cos lettuce
...
Sliced peppers...

Sweetcorn
...
Cos lettuce
...
sliced peppers

Sweetcorn
...
Cos lettuce
...
Sliced peppers

Sweetcorn
...
Cos lettuce
...
Sliced peppers

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)

Classic potato salad
(E)

Classic potato salad
(E)

Classic potato salad
(E)

Classic potato salad
(E)

COMPLEX SALADS

Moroccan aubergine & chickpea

Mediterranean lentil salad

Sweet potato, spring onion & feta (Mk)

Pasta salad with chick peas (G)

Indian style lime & 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

Grated carrots
...
Spinach
...
Beetroot

Grated carrots
...
Spinach
...
Beetroot

Grated carrots
...
Spinach
...
Beetroot

Grated carrots
...
Spinach
...
Beetroot

Grated carrots
...
Spinach
...
Beetroot

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)

Stir fry noodle Salad
(G,Eg,So)

Stir fry noodle Salad
(G,Eg,So)

Stir fry noodle Salad
(G,Eg,So)

Stir fry noodle Salad
(G,Eg,So)

COMPLEX SALADS

Red cabbage, beetroot and apple salad

Nutless waldorf salad
(Ce,E)

Middle eastern lentil salad

Classic Russian salad
(E)

Red cabbage and fennel coleslaw
(G)

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SALAD BAR

WEEK 3

DAILY NATURAL SALADS

MONDAY

Carrot batons
...
Sliced red peppers
...
Shaved courgettes

TUESDAY

carrot batons
...
Sliced red peppers
...
Shaved courgettes

WEDNESDAY

carrot batons
...
Sliced red peppers
...
Shaved courgettes

THURSDAY

Carrot batons
...
Sliced red peppers
...
Shaved courgettes

FRIDAY

carrot batons
...
Sliced red peppers
...
Shaved courgettes

SIMPLE CLASSICS

Mixed leaves
...
Tomatoes
...
Cucumber

Mixed leaves
...
Tomatoes
...
Cucumber

Mixed leaves
...
Tomatoes
...
Cucumber

Mixed leaves
...
Tomatoes
...
Cucumber

Mixed leaves
...
Tomatoes
...
Cucumber

CARBS

Simple tuna and pasta salad
(F,G,E)

Simple tuna and pasta salad
(F,G,E)

Simple tuna and pasta salad
(F,G,E)

Simple tuna and pasta salad
(F,G,E)

Simple tuna and pasta salad
(F,G,E)

COMPLEX SALADS

Beetroot and feta cheese
(Mk)

Mexican bean salad

Olives and feta cheese salad
(Mk)

Roasted vegetable salad

Curried Chickpea salad

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