



# SALAD BAR

## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY NATURAL SALADS	Sweetcorn ... Cos lettuce ... Radishes	Sweetcorn ... Cos lettuce ... Radishes	Sweetcorn ... Cos lettuce ... Radishes	Sweetcorn ... Cos lettuce ... Radishes	Sweetcorn ... Cos lettuce ... Radishes
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*  
*Mt = 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

Alfafa Sprouts  
...  
Sliced red peppers  
...  
Shaved courgettes

#### TUESDAY

Alfafa Sprouts  
...  
Sliced red peppers  
...  
Shaved courgettes

#### WEDNESDAY

Alfafa Sprouts  
...  
Sliced red peppers  
...  
Shaved courgettes

#### THURSDAY

Alfafa Sprouts  
...  
Sliced red peppers  
...  
Shaved courgettes

#### FRIDAY

Alfafa Sprouts  
...  
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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