



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	Coronation curry potato salad (E, Mk, Mu)	Coronation curry potato salad (E, Mk, Mu)	Coronation curry potato salad (E, Mk, Mu)	Puy Lentil salad (So,Se,Su,Ce,G)	Puy Lentil Salad salad (So,Se,Su,Ce,G)
COMPLEX SALADS	Classic coleslaw (E, Mk, Mu, Su)	Classic coleslaw (E, Mk, Mu, Su)	Nutless Waldorf slaw (Ce,E)	Nutless Waldorf slaw (Ce,E)	Nutless Waldorf slaw (Ce,E)

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	Herb and tomato cous cous (G, So)	Herb and tomato cous cous (G, So)	Herb and tomato cous cous (G, So)	Superfood wholemeal pasta (G, So, Se)	Superfood wholemeal pasta (G, So, Se)
COMPLEX SALADS	Classic coleslaw (E, Mk, Mu, Su)	Classic coleslaw (E, Mk, Mu, Su)	Nutless Waldorf slaw (Ce, E, Mk, Mu)	Nutless Waldorf slaw (Ce, E, Mk, Mu)	Nutless Waldorf slaw (Ce, E, Mk, Mu)

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SALAD BAR

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DAILY NATURAL SALADS

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

SIMPLE CLASSICS

Mixed leaves	Mixed leaves	Mixed leaves	Mixed leaves	Mixed leaves
...
Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes
...
Cucumber	Cucumber	Cucumber	Cucumber	Cucumber

CARBS

Macaroni cheese salad (Ce,G,E, Mk, Mu)	Macaroni cheese salad (Ce,G,E, Mk, Mu)	Macaroni cheese salad (Ce,G,E, Mk, Mu)	Three bean Orzo (Ce,G,E, Mk, Mu)	Three Bean Orzo (Ce,G,E, Mk, Mu)
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COMPLEX SALADS

Classic coleslaw (E, Mk, Mu, Su)	Classic coleslaw (E, Mk, Mu, Su)	Nutless Waldorf slaw (Ce,E, Mk, Mu)	Nutless Waldorf slaw (Ce,E, Mk, Mu)	Nutless Waldorf slaw (Ce,E, Mk, Mu)
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