

Salad Bar - Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
core salad items	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves peas chickpeas broccoli	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves kidney beans mixed peppers green beans	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves peas chickpeas broccoli	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves kidney beans mixed peppers green beans	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves peas chickpeas broccoli	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves kidney beans mixed peppers green beans	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves peas chickpeas broccoli
protein item 1	chicken(supper)	sliced ham (supper)	chicken (supper)	selection of charcuterie(supper)	ardennes pate (supper)		
protein item 2	steamed fish/ tuna (supper)	smoked mackerel (supper)	tuna (supper)	roll mops (supper)	peppered mackerel (supper)		
protein item 3	eggs (lunch & supper)	vegetable frittata (lunch & supper)	vegetable frittata (lunch & supper)	eggs (lunch & supper)	quiche selection (lunch & supper)		
plant power salad	asian sprout salad	rice salad	broccoli edamame beans mixed peppers tomatoes /coriander	wholemeal pasta salad	kidney beans mixed peppers / mushrooms onions /sweetcorn		
plant power salad	olives tomatoes baby potatoes green beans	potato salad	autumn potato salad lemon dressing dill / peas watercress	lentil salad	sweet sticky parsnips		
plant power salad	butterbeans chives spring onions chick peas	bulgar wheat salad	avocado olives sweetcorn spinach	cous cous salad	sweet chilli dressed coleslaw		
chef salad	Caesar salad	greek salad	chicken & bacon	nicoise salad	chefs choice (meat free)		

Salad Bar – Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
core salad items	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves peas chickpeas broccoli	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves kidney beans mixed peppers green beans	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves peas chickpeas broccoli	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves kidney beans mixed peppers green beans	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves peas chickpeas broccoli	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves kidney beans mixed peppers green beans	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves peas chickpeas broccoli
protein item 1	chicken(supper)	sliced ham (supper)	chicken (supper)	selection of charcuterie(supper)	ardennes pate (supper)		
protein item 2	steamed fish/ tuna (supper)	smoked mackerel (supper)	tuna (supper)	roll mops (supper)	peppered mackerel (supper)		
protein item 3	eggs (lunch & supper)	vegetable frittata (lunch & supper)	vegetable frittata (lunch & supper)	eggs (lunch & supper)	quiche selection (lunch & supper)		
plant power salad	beetroot spinach soya bean tofu	rice noodle salad	sweetcorn edamame beans mixed peppers coriander	brown rice salad	mushrooms onions sweetcorn quinoa		
plant power salad	olives tomatoes baby potatoes green beans	fusilli pasta salad	tomato /basil spinach green beans edamame bean	black eye bean salad	avocado tomatoes watercress basil		
plant power salad	butterbeans chickpeas chives spring onions	khurasan wheat salad	toasted broccoli, sweet chilli & soy	Israeli cous cous	red cabbage apple sultana grapes		
chef salad	sundried tomato, mozzarella and spinach	Mexican chicken salad	ham , pineapple & tomato	sweet chilli noodles with prawns	chefs choice (meat free)		

Salad Bar – Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
core salad items	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves peas chickpeas broccoli	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves kidney beans mixed peppers green beans	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves peas chickpeas broccoli	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves kidney beans mixed peppers green beans	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves peas chickpeas broccoli	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves kidney beans mixed peppers green beans	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves peas chickpeas broccoli
protein item 1	chicken(supper)	sliced ham (supper)	chicken (supper)	selection of charcuterie(supper)	ardennes pate (supper)		
protein item 2	steamed fish/ tuna (supper)	smoked mackerel (supper)	tuna (supper)	roll mops (supper)	peppered mackerel (supper)		
protein item 3	eggs (lunch & supper)	vegetable frittata (lunch & supper)	vegetable frittata (lunch & supper)	eggs (lunch & supper)	quiche selection (lunch & supper)		
plant power salad	asian sprout salad	rice salad	broccoli edamame beans mixed peppers tomatoes /coriander	macaroni pasta salad	kidney beans mixed peppers / mushrooms onions /sweetcorn		
plant power salad	olives tomatoes baby potatoes green beans	potato salad	autumn potato salad lemon dressing dill / peas watercress	lentil salad	sweet sticky parsnips		
plant power salad	butterbeans chives spring onions chick peas	bulgar wheat salad	avocado olives sweetcorn spinach	cous cous salad	sweet chilli dressed coleslaw		
chef salad	Caesar salad	greek salad	chicken & bacon	nicoise salad	chefs choice (meat free)		

Salad Bar – Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
core salad items	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves peas chickpeas broccoli	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves kidney beans mixed peppers green beans	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves peas chickpeas broccoli	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves kidney beans mixed peppers green beans	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves peas chickpeas broccoli	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves kidney beans mixed peppers green beans	cherry tomatoes beetroot sweetcorn cucumber grated carrot coleslaw mixed leaves peas chickpeas broccoli
protein item 1	chicken(supper)	sliced ham (supper)	chicken (supper)	selection of charcuterie(supper)	ardennes pate (supper)		
protein item 2	steamed fish/ tuna (supper)	smoked mackerel (supper)	tuna (supper)	roll mops (supper)	peppered mackerel (supper)		
protein item 3	eggs (lunch & supper)	vegetable frittata (lunch & supper)	vegetable frittata (lunch & supper)	eggs (lunch & supper)	quiche selection (lunch & supper)		
plant power salad	beetroot spinach soya bean tofu	egg noodle salad	sweetcorn edamame beans mixed peppers coriander	rice salad	mushrooms onions sweetcorn quinoa		
plant power salad	olives tomatoes baby potatoes green beans	penne pasta salad	tomato /basil spinach green beans edamame bean	5 bean salad	avocado tomatoes watercress basil		
plant power salad	butterbeans chickpeas chives spring onions	khurasan wheat salad	toasted broccoli, sweet chilli & soy	cous cous	red cabbage apple sultana grapes		
chef salad	sundried tomato, mozzarella and spinach	Mexican chicken salad	ham , pineapple & tomato	sweet chilli noodles with prawns	chefs choice (meat free)		