

Salad Bar 2019

WEEK 1

Daily: Mixed Leaves, Tomato, Cucumber, Sweetcorn or Peas

Monday:

Mixed Beans & Squash (5 Bean Salad, Roasted Diced Squash, Halved Cherry Tomato, Diced Red Onion, Chopped Coriander, Fresh Lemon & Olive Oil)

Herby Coleslaw (Red & White Cabbage Shredded, Thinly Sliced Onion, Grated Carrot, Chopped Parsley, Coriander & Chive, Fresh Lime Juice & Olive Oil)

Brown Rice with Spiced Florets (Brown Rice, Smoked Paprika & Baharat Spiced Roasted Broccoli & Cauliflower Florets, Sliced Sun Dried Tomato, Sliced Yellow Pepper, Parsley & Garlic Oil)

Beetroot with Chive

Tortilla Chips

Guacamole

Dairy Free Pesto

Tuesday:

Red & Black Quinoa (Red & Black Quinoa, Shredded Chicory, Sliced Red Onion, Rocket, Sweet Red Pimiento Sliced (115061), Chopped Parsley & Olive Oil)

Fennel Crunch Salad (Peeled Sliced Cucumber, Flash Roasted Fennel, Olive Oil & Chives)

Herby Coconut Potato Salad (Sliced Potatoes, Thin Sliced Red Onion, Parsley, Coriander, Chive, Coconut Dressing)

Marinated Olives

Gluten Free Croutes

Hummus

Lemon Oil Dressing

Wednesday:

Spiced Chickpea Salad (Tinned Chickpea, Roast Diced Red Pepper, Aubergine & Courgette, Garlic Oil, Coriander, Paprika, Chilli Flake & Fresh Lemon)

Spiced Florets & Lentil Salad (Broccoli & Cauliflower Florets Roasted with Basil Oil & Paprika, Shredded Radicchio, Green Lentil & Chopped Parsley)

Asian Napa Slaw (Napa Cabbage Shredded, Red Onion Sliced, Grated Mooli, Spring Onion & 5 Spice, Honey & Lemon Oil Dressing)

Pickled red Cabbage

Gluten Free Tortilla Sticks

Red Pepper Dip

Garlic & Herb Dressing

Thursday:

Black Eyed Beans Salad (Black Eyed Beans, Grated Carrot, Sweetcorn, Diced Red Pepper, Rocket & Basil Oil)

Lentil Tabbouleh (Green Lentil, Diced Peeled Cucumber, Diced Tomato, Chopped Coriander, Parsley & Mint, Fresh Lemon Juice & Olive Oil)

Herby Garden Salad (Baby Gem Cut Thin Length Ways, Peeled Sliced Cucumber, Cherry Tomato Halved, Sprigs of Coriander & Parsley, Rocket, Red Chard & Olive Oil)

Beetroot & Chive

Gluten Free Ciabatta Sticks

Butterbean & Mint Dip

Lemon & Honey Dressing

Friday:

Asian Noodle Salad (Rice Noodles, Chinese Leaf, Thin Sliced Peppers, Spring Onion, Coriander & Sweet Chilli Dressing)

Beetroot & Baby Leaf Salad (Diced Beetroot, Red Chard, Rocket, Olive Oil & Toasted Sunflower Seeds)

Orange Vegetable Salad (Roasted Diced Sweet Potato & Squash, Grated Carrot, Rocket, Garlic Oil & Pomegranate)

Marinated Olives

Tortilla Chips

Sun Dried Tomato Dip

Lime & Chilli Dressing

Week 2

Daily: Mixed Leaves, Tomato, Cucumber, Sweetcorn or Peas

Monday:

Asian Vegetable Salad (Sliced Mooli, Napa Cabbage Shredded, Sliced Red Peppers, Spring Onion, Bok Choy Shredded, Coriander & Sweet Chilli Dressing)

Lentil Crunch salad (Puy Lentil, Sliced Chicory, Blanched Kale, Sweetcorn, Peas, Shredded Radicchio, Sweetcorn, Toasted Sunflower Seeds, Garlic Oil & Lime Juice)

Red Pepper Slaw (Shredded White Cabbage, Grated Carrot, Thin Sliced Onion, Shredded Radicchio, Parsley & Red Pepper Coulis)

Beetroot with Chive

Gluten Free Croutons

Olive Tapenade

Herb Dressing

Tuesday:

Garlic Potato Salad (Sliced Steamed New Potato, Garlic Oil, Sliced Red Onion, Fresh Lemon Juice & Chopped Parsley)

White Quinoa Salad (White Quinoa, Sun Dried Tomato, Roasted Yellow Pepper, Chive, Rocket, Toasted Pumpkin Seed & Pomegranate)

Greek Salad (Baby Gem, Tomato, Cucumber, Black Olive, Red Onion, Olive Oil, Fresh Lemon Juice & Oregano)

Marinated Olives

Tortilla Chips

Smoky Cauliflower & White Bean Dip

Lemon & Dill Dressing

Wednesday:

Rice Salad with Cranberries (Long Grain Rice, Wilted Kale, Dairy Free Pesto, Peas & Dried Cranberry)

Mediterranean Vegetable Salad (Flash Roasted Aubergine, Peppers, Courgette & Red Onion, Olives, Oregano & Basil Leaves)

Crunch Slaw (Grated Carrot, Thin Sliced Fennel, Sliced Radish, Shredded Red Cabbage, Toasted Pumpkin Seed, Pomegranate Seed, Fresh Lemon, Pomegranate Molasses, Dill & Chervil)

Pickled Red Cabbage

Gluten Free Ciabatta Sticks

Pea Herb Dip

Sweet Chilli Dressing

Thursday:

Sweet Potato, Courgette & Pear Salad (Sweet Potato Roasted in Honey, Olive Oil, Lime Juice, Cardamom Pods & Coriander Seeds, Courgette Ribbons, Roasted Kale, Toasted Pumpkin & Sunflower Seeds & Sliced Pear)

Mexican Coleslaw (Shredded Red Cabbage, Sliced Onion, Grated Carrot, Jalapeno, Diced Red Pepper, Sweetcorn, Black Beans & Dairy Free Avocado Dressing)

Garden Salad (Baby Gem, Rocket, Radish, Cherry Tomato, Peeled Cucumber Red Chard & Olive Oil)

Beetroot with Chives

Gluten Free Tortilla Sticks

Bubba Ganoush

Lemon Garlic & Herb Dressing

Friday:

Seeded Bean Salad with Herbs (Mixed Beans, Red Pepper, Toasted Pumpkin & Sunflower Seeds, Chopped Parsley & Coriander, Rocket, Olive Oil & Chai Seed)

Avocado Potato Salad (Sliced Steamed Potato, Avocado Dressing (Avocado, Olive Oil & Lemon Juice), Shredded Radicchio & Toasted Sunflower Seed)

Chunky Vegetable Salad (Steamed Crisp Chunky Carrot, Blanched Broccoli & Cauliflower Florets, Red Onion, Cherry Tomatoes, Chunky Sliced Yellow Pepper, Olive Oil, Paprika, Fresh Lemon Juice & Chilli Flakes)

Marinated Olives

Tortilla Chips

Avocado & Spinach Dip

Coconut & Lime Dressing