

# Menu

COMPOUND SALADS						SIMPLE SALADS
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	EVENING & WEEKEND
WEEK 1	<b>Chickpea, Avacado &amp; Sun Dried Tomato</b>	<b>Sizzling Sausage Salad</b>	<b>Orzo Kale Pesto</b>	<b>Creamy Corn Salad</b>	<b>Prawn &amp; Avacdo</b>	Tomato Wedges, Sliced Cucumber
	Roast Chickpeas, Avocado, Red Cabbage, Sun Dried Tomatoes, Spring Onions & Fresh Parsley	Spicy Pork Sausage, Red Onion, Cherry Tomatoes, English Flat Lettuce, Avocado, Cucumber & Wholegrain Mustard Salad Dressing	Orzo Pasta, Red, Green & Black Kale, Roast Tomatoes, Black Olives & Homemade Red Pepper Pesto	Sweetcorn, Plum Cherry Tomatoes, Red Onion, Mayonnaise & Fresh Basil	Penne Pasta, Atlantic Prawns, Avacado, Cherry Plum Tomatoes, Spring Onion, Rocket, Basil & Garlic Lemon Dressing	Mixed Leaves (Lollo Rosso, Lollo Biondi, Rocket, Radicchio), Grated Carrot Dressings, Chutneys, Seeds, Sliced Meats, Wraps Grated Cheese, Boiled Eggs/Tuna Mayonnaise, Roasted Vegetables (Courgette, Cherry Tomato, Button Mushroom, Yellow Pepper, Butternut Squash, Red Onion, Oregano)
DRESSINGS	Beetroot Chutney					
WEEK 2	<b>Summer Pot Salad</b>	<b>Spiced Puy Lentil</b>	<b>Quinoa Salad</b>	<b>Giant CousCous</b>	<b>Indian Summer Salad</b>	Sliced Tomatoes, Cucumber Ribbons
	Baby New Potatoes, Dijon Mayonnaise, Radish, Poppy Seeds & Mustard Cress	Carrots, Honey, Puy Lentils, Red Onion, Fresh Mint Leaves, Lambs Lettuce, Feta & Toasted Cumin Seeds	Watermelon, Quinoa, Baby Spinach, Avocado, Mint, Feta, Lime Juice & Salad Cress	Giant Cous Cous, Aubergine, Cherry Tomatoes, Red Onion, Feta Cheese, Torn Basil & Lemon Zest Dressing	Carrots, Radish, Courgette, Fresh Mint, Aubergine, Garlic, Ginger, Fresh Chilli & Curried Mayo	Mixed Leaves (Oak Leaf, Coriander, Endive, Flat Lettuce), Grated Carrot Dressings, Chutneys, Seeds, Sliced Meats, Wraps Grated Cheese, Boiled Eggs/Tuna Mayonnaise, Roasted Vegetables (Yellow Courgette, Tomato Wedge, Red Pepper, Yellow Pepper, Sweet Potato, Red Onion, Sage)
DRESSINGS	Tomato Chilli & Ginger Pickle					
WEEK 3	<b>Sweet Potato Salad</b>	<b>Multi Pulse Feta</b>	<b>Broad Bean Orzo</b>	<b>Watermelon &amp; Spinach</b>	<b>Nifty Nicoise</b>	Inca Tomatoes, Cucumber Batons
	Roast Sweet Potatoes, Red & Spring Onion, Chives, Sweetcorn, Halloumi & Sherry Vinegar with Honey Dressing	Green Lentil & White Quinoa, Red Onions, Tarragon, Cucumber, Feta Cheese, Spring Onion, Orange Juice & Red Wine Vinegar Dressing	Orzo Pasta, Garden Peas, Broad Beans, Torn Basil, Soured Cream & Shaved Parmesan	Pumpkin Seeds, Watermelon, Baby Spinach, Avocado, Mint, Feta Cheese, Lime & Salad Cress	Baby New Potatoes, Tuna, Mayo, Eggs, Runner Beans, Lettuce, Black Olives & Mustard Vinagarette	Mixed Leaves (Lollo Rosso, Cos Lettuce, Spinach, Basil), Grated Carrot Dressings, Chutneys, Seeds, Sliced Meats, Wraps Grated Cheese, Boiled Eggs/Tuna Mayonnaise, Roasted Vegetables (Yellow Cherry Tomatoes, Aubergine, Swede, Roquito Peppers, Garlic, Red Onion, Lemon Thyme)
DRESSINGS	Onion & Marmalade Chutney					