

## Salad Menu Autumn Term 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Everyday...</b>	Daily selection of mixed leaves and fresh cut salads with accompaniments toppings and dressings! A basket of fresh baked bread will be available daily.				
<b>Dress It Up!</b>	Honey and Mustard Mayo  French Dressing  Lemon and Olive Oil Dressing	Cucumber + Dill Dressing  Crème Fraiche and Paprika  Red pepper salsa	Parsley Mayo  Pesto Dressing  Sweet Chilli Dressing	Basil Vinaigrette  Herby Mayo  Cottage cheese dip	Tomato Salsa  Chive and Sour Cream Dressing  Rocket Vinaigrette
<b>Daily Specials</b>	Beetroot, Red Chicory and Spring Onion Couscous	Roasted Aubergine, Chickpea and cucumber Salad	Roasted Whole Carrots, Courgette and Coriander Salad	Roasted Squash, Courgette, Pomegranate and Mint Salad	Courgette, Grilled Halloumi and Chives
	Red Onion, Roasted Red Pepper and Cherry Tomato Salad	Lentil, Mixed Onion, Mini Cress and Radish Salad	Quinoa, Cherry Tomato, Yellow Pepper and Parsley Salad	Bulgar wheat, Mangetout and green bean Salad	Celery, Sultana and Red Apple Salad
	Shredded Cucumber, Orange Pepper, Chilli, Sesame seed and Watercress salad	Rocket, Olive, and Asparagus Salad with Lemon Dressing	Fennel, Blue Cheese, Pear and Red Onion Salad	Grated Carrot, Mixed Seeds Salad with Cumin and Chilli Dressing	Mixed bean, red onion and parsley salad
	Mixed Lettuce Tomatoes Cucumber	Lettuce Sliced Tomatoes Cucumber	Kos Lettuce Tomatoes Cucumber	Lettuce Cherry Tomatoes Cucumber	Lettuce Tomatoes Cucumber
<b>Proteins</b>	Roasted Ham/Turkey/Beef Tuna Grated Cheddar Boiled Eggs	Roasted Ham/Turkey Tuna and Mustard Mayo Mild Cheddar Boiled Eggs	Roasted Ham Mackerel Roast Turkey Grated Cheddar Paprika Eggs	Roasted Ham Tuna + Cucumber Roast Turkey Mild Cheddar Boiled Eggs	Coronation Chicken Roasted Turkey/Ham Grated Cheddar Boiled Eggs