Autumn Salad Bar

Withington Girls' School

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Everyday Salad	Tomato Wedges Cucumber Chunks Grated Carrot Iceberg Lettuce	Cherry Tomatoes Cucumber Sticks Sweetcorn Mixed Leaves	Tomato Chunks Sliced Cucumber Coleslaw Little Gem	Sliced Tomatoes & Onion Diced Cucumber Grated Carrot Cos Lettuce	Tomato Wedges Cucumber Chunks Red Slaw Mixed Leaves
Extras	Toasted Croutons Chilli Flakes Seeds Herby Salsa House Dressing Caesar Dressing Balsamic	Toasted Croutons Chilli Flakes Seeds Herby Salsa House Dressing Caesar Dressing Balsamic	Toasted Croutons Chilli Flakes Seeds Herby Salsa House Dressing Caesar Dressing Balsamic	Toasted Croutons Chilli Flakes Seeds Herby Salsa House Dressing Caesar Dressing Balsamic	Toasted Croutons Chilli Flakes Seeds Herby Salsa House Dressing Caesar Dressing Balsamic
Carb Simple	Courgette Rice Salad	Potato & Chive Salad	Curried Chickpeas	Sundried Tomato & Basil Pesto Pasta	Bombay Style Rice
Protein Simple	Tuna	Grated Cheese	Tuna	Grated Cheese	Tuna
Protein Other	Mustard Baked Ham	Boiled Eggs	Smoked Mackerel with Cucumber & Coriander Dressing	Red Onion & Goats Cheese Quiche	Roast Chicken with Sage
Composite Salad 1	Russian Salad	Stilton & Iceberg Wedge Salad	Italian Salad	Tabbouleh Salad	Cobb Salad
Composite Salad 2	Roast Peppers, Israeli Couscous	Feta & Pearl Barley Salad with Olives and diced tomato	Quinoa Secret Superfood Salad (Lentils, Seeds, Mixed Quinoa, Leaves, Roasted Butternut Squash & Berries)	Apple & Black Eye Bean Salad	Grilled Courgette & Fennel Salad with Orange Zest
Deli Sandwich	Cheese & Spring Onion with Rocket on Bloomer	Home Baked Ham with Roast Onion & Lettuce Ciabatta	Egg, Bacon & Tomato Baguette	Tuna, Lime & Dill Mayonnaise Ciabatta	Roast Chicken, Pesto & Rocket on Baguette