

# Salad Bar - Week 1



Mayfield Girls School

w/c: 08-03-2021	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mixed Side Salad</b>	Lettuce, Tomato, Cucumber & Carrot	Lettuce, Tomato, Cucumber & Carrot	Lettuce, Tomato, Cucumber & Carrot	Lettuce, Tomato, Cucumber & Carrot	Lettuce, Tomato, Cucumber & Carrot	Lettuce, Tomato, Cucumber & Carrot	Lettuce, Tomato, Cucumber & Carrot
<b>Salad 1</b>	<b>Mediterranean Buddha Bowl</b> Hummus, Cherry Tomato, Chickpeas, Olives, Cucumber Pepper, Quinoa, Olive Oil	<b>Beetroot, Feta &amp; Grain Salad</b> Beetroot, Feta, Barley, Quinoa, Watercress, Mixed Leaves	<b>Spiced Carrot &amp; Lentil</b> Green lentils, Spiced Roast Carrots, Rocket, Pomegranate, Tahini Maple Dressing	<b>Chicken Caesar Salad</b> Chicken, Bacon, Parmesan, Anchovies, Tomatoes, Boiled Egg, Croutons, Caesar Dressing	<b>Prawn Cocktail</b> Prawns, Iceberg Lettuce, Cucumber, Avocado & Marie Rose Sauce	<b>Salad of the Day</b>	
<b>Salad 2</b>	<b>Super Green Pesto Pasta</b> Penne, Peas, Spinach, Pesto, Parmesan	<b>Smoked Trout &amp; Potato</b> Smoked trout, new potatoes, horseradish yoghurt, mayonnaise, dill	<b>Tomato, Basil &amp; Lemon Orzo</b> Orzo, tomato, red pepper, basil, lemon dressing	<b>Tex-Mex Sweetcorn</b> Sweetcorn, red onion, garlic, lime, red pepper, celery, cucumber, jalapenos, soured cream, coriander	<b>Cauliflower Rice Tabbouleh</b> Cauliflower rice, cherry tomatoes, red onion, cucumber, parsley, mint, toasted pine nuts, lemon dressing		
<b>Cold Jacket Potato Topping</b>		Tuna & Sweetcorn			Coronation Chicken		
<b>Sides</b>	Coleslaw Tuna Boiled Eggs Grated Cheddar	Coleslaw Tuna Boiled Eggs Grated Cheddar	Coleslaw Tuna Boiled Eggs Grated Cheddar	Coleslaw Tuna Boiled Eggs Grated Cheddar	Coleslaw Tuna Boiled Eggs Grated Cheddar	Coleslaw Tuna Boiled Eggs Grated Cheddar	Coleslaw Tuna Boiled Eggs Grated Cheddar
<b>Meat &amp; Cheese</b>	<b>Meat &amp; Cheese Platters Available Daily</b>						
<b>Fruit</b>	<b>Fresh Fruit Basket Available Daily</b>						