

Salad Bar - Week 2



Mayfield Girls School

w/c: 15-03-2021	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mixed Side Salad	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
Salad 1	Greek Salad Cucumber, red onion, tomatoes, olives, feta, oregano, croutons	Roast Cauliflower & Chickpea Garlic roasted cauli, paprika chickpeas, caramelised red onion, tahini lemon dressing	Harissa Chicken & Brown Rice Kale, roast carrots, shallots, garlic, cider vinegar, olive oil	Tuna Nicoise Tuna, green beans, olives, red onion, potatoes, capers, eggs	Thai Ginger Salad Cabbage, carrot, cucumber, edamame, onion, coriander, soy, lime, ginger, sesame	Salad of the Day	
Salad 2	Barley & Bean Pear barley, roast squash, green beans, garlic vinaigrette	Deli Pasta Salad Farfalle, roast red pepper, olives, artichokes, sundried tomatoes, salami, red onion parsley	Grilled Vegetable Tabbouleh Red onion aubergine, courgette, tomato, bulgar, feta, cucumber, mint, parsley	Giant Couscous & Beetroot with kale, pumpkin seeds, rocket, mustard crème fraiche	Prawn & Dill Pasta Prawn, pasta, dill, mayonnaise, yoghurt, garlic, spring onion, lemon		
Cold Jacket Potato Topping		Tuna & Sweetcorn			Coronation Chicken		
Sides	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
Meat & Cheese	Meat & Cheese Platters Available Daily						
Fruit	Fresh Fruit Basket Available Daily						