

Salad Bar - Week 3



Mayfield Girls School

w/c: 22-03-2021	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	Halloumi, couscous, spring onions, red pepper, cucumber, harissa, pine nuts	Chicken, Cajun spices, Farro, kale, shallots, Crème Fraiche, lemon	Black beans, spinach, tomatoes, cucumber, mango, red onion, radish, avocado, feta, herbs, chilli dressing	Gem lettuce, chicken, bacon, croutons, garlic, mayonnaise, cherry tomatoes	Beluga lentils, pearl barley, cumin roasted sweet potato, broccoli & cherry tomatoes	Salad of the Day	
Salad 2	Fusilli, red pesto, sunblushed tomatoes, parmesan, rocket	Smoked mackerel, beetroot, potatoes, mixed leaves, horseradish dressing	Falafal, hummus, grated carrot, leaves, roast cauliflower	Red cabbage, chickpeas, carrot, mint, lemon, olive oil, pumpkin seeds	Garlic prawns, couscous, courgette, green beans & parsley		
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						