SALAD BAR LUNCH

Salad Lunch Menu

Michalmas Term - Salad Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily Salad Items	Tomato Cucumber Mixed Leaf Grated Carrot Diced Beetroot Olives Sweetcorn Cornishons Jalapenos Silverskins Pickled Crsipy Onions Croutons Coleslaw Dry Slaw Mayonnaise Roasted Chickpeas	Tomato Cucumber Mixed Leaf Grated Carrot Diced Beetroot Olives Sweetcorn Cornishons Jalapenos Silverskins Pickled Crsipy Onions Croutons Coleslaw Dry Slaw Mayonnaise Roasted Chickpeas	Tomato Cucumber Mixed Leaf Grated Carrot Diced Beetroot Olives Sweetcorn Cornishons Jalapenos Silverskins Pickled Crsipy Onions Croutons Coleslaw Dry Slaw Mayonnaise Roasted Chickpeas	Tomato Cucumber Mixed Leaf Grated Carrot Diced Beetroot Olives Sweetcorn Cornishons Jalapenos Silverskins Pickled Crsipy Onions Croutons Coleslaw Dry Slaw Mayonnaise Roasted Chickpeas	Tomato Cucumber Mixed Leaf Grated Carrot Diced Beetroot Olives Sweetcorn Cornishons Jalapenos Silverskins Pickled Crsipy Onions Croutons Coleslaw Dry Slaw Mayonnaise Roasted Chickpeas	Tomato Cucumber Mixed Leaf Grated Carrot Diced Beetroot Olives Sweetcorn Cornishons Jalapenos Silverskins Pickled Crsipy Onions Croutons Coleslaw Dry Slaw Mayonnaise Roasted Chickpeas
Salad Compound 1	**Curried Chickpea, Spinach, Cauliflower, Pickled Onion & Pomegranate, Spinach**	**Tomato and Goats Cheese Orzo Salad, Spring Onions and Spinach**	**Windfall Pear, Apple, Grape, Celery & Sunflower Seed Waldorf Salad**	**Caeser Salad Kos, Iceberg, Parmasan, Caeser Dressing, Toasted Croutons**	**Greek Salad Tomato, Olives, Cucumber, Feta**	**Bulgar Wheat, Diced Beetroot, Watercress, Roasted Red Pepper & Feta**
Salad Compound 2	**Red Quinoa, Kale, Spinach & Roasted Sweet Potato**	**Superfood Salad, Pearl Barley, Broccoli, Cherry Tomato, Pomegranate, Spinach, Pesto**	**Pesto Pasta Salad, Cherry Tomato,**	**Roasted Mediterianian Couscous (Vg)**	**Crispy Tofu Noodles, Sweet Chilli, Roasted Veg & Sesame**	**Rocket, Parmasan & Pickled Shallot Salad**
Salad Compound 3	**Matt's No Nicoise Salad (Cal's Quarter Salad) New Potato, Olives, Tomato, Egg, Fine Bean**	**Cucumber, Watermelon & Feta Mint**	**Roasted Beetroot, Grilled Halloumi, Orange Segments, Pickled Shallot, Toasted Seeds**	**Potato Salad, Mayonnaise, Fine Beans, Parsely, Cherry Tomato, Chives**	**Grilled Peach Panzanella Peaches, Croutons, Tomato, Basil**	**Dressed New Potato, Olive Oil & Chives**
Dailey Protein	Eggs Anchovys Cheese Tuna Hummus	Eggs Anchovys Cheese Hummus Chicken Wings	Eggs Anchovys Cheese Tuna Hummus	Eggs Anchovys Cheese Hummus Chicken Wings	Eggs Anchovys Cheese Tuna Hummus	Eggs Anchovys Cheese Hummus
Daily Oils & Dressings	Basil Oil Chipotle Oil Thyme Oil Balsamic Sweet Chilli French Dressing Sriracha Olive Oil Bluecheese Dressing	Basil Oil Chipotle Oil Thyme Oil Balsamic Sweet Chilli French Dressing Sriracha Olive Oil Bluecheese Dressing	Basil Oil Chipotle Oil Thyme Oil Balsamic Sweet Chilli French Dressing Sriracha Olive Oil Bluecheese Dressing	Basil Oil Chipotle Oil Thyme Oil Balsamic Sweet Chilli French Dressing Sriracha Olive Oil Bluecheese Dressing	Basil Oil Chipotle Oil Thyme Oil Balsamic Sweet Chilli French Dressing Sriracha Olive Oil Bluecheese Dressing	Basil Oil Chipotle Oil Thyme Oil Balsamic Sweet Chilli French Dressing Sriracha Olive Oil Bluecheese Dressing

SALAD BAR SUPPER

Salad Evening Menu

Michalmas Term - Salad Evening	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Daily Salad Items	Tomato Cucumber Mixed Leaf Grated Carrot Diced Beetroot Sweetcorn Jalapeno Crsipy Onions Croutons Dry Slaw Mayonnaise	Tomato Cucumber Mixed Leaf Grated Carrot Diced Beetroot Sweetcorn Jalapeno Crsipy Onions Croutons Dry Slaw Mayonnaise	Tomato Cucumber Mixed Leaf Grated Carrot Diced Beetroot Sweetcorn Jalapeno Crsipy Onions Croutons Dry Slaw Mayonnaise	Tomato Cucumber Mixed Leaf Grated Carrot Diced Beetroot Sweetcorn Jalapeno Crsipy Onions Croutons Dry Slaw Mayonnaise	Tomato Cucumber Mixed Leaf Grated Carrot Diced Beetroot Sweetcorn Jalapeno Crsipy Onions Croutons Dry Slaw Mayonnaise	Tomato Cucumber Mixed Leaf Grated Carrot Diced Beetroot Sweetcorn Jalapeno Crsipy Onions Croutons Dry Slaw Mayonnaise	Tomato Cucumber Mixed Leaf Grated Carrot Diced Beetroot Sweetcorn Jalapeno Crsipy Onions Croutons Dry Slaw Mayonnaise
Salad Compound I	**Daily Changing Pasta Salad**	**Daily Changing Pasta Salad**	**Daily Changing Pasta Salad**	**Daily Changing Pasta Salad**	**Daily Changing Pasta Salad**	**Daily Changing Pasta Salad**	**Daily Changing Pasta Salad**
Dailey Protein	Cheese	Cheese	Cheese	Cheese	Cheese	Cheese	Cheese
Daily Oils & Dressings	Basil Oil Chipotle Oil Thyme Oil Balsamic Sweet Chilli French Dressing Sriracha Olive Oil Bluecheese Dressing	Basil Oil Chipotle Oil Thyme Oil Balsamic Sweet Chilli French Dressing Sriracha Olive Oil Bluecheese Dressing	Basil Oil Chipotle Oil Thyme Oil Balsamic Sweet Chilli French Dressing Sriracha Olive Oil Bluecheese Dressing	Basil Oil Chipotle Oil Thyme Oil Balsamic Sweet Chilli French Dressing Sriracha Olive Oil Bluecheese Dressing	Basil Oil Chipotle Oil Thyme Oil Balsamic Sweet Chilli French Dressing Sriracha Olive Oil Bluecheese Dressing	Basil Oil Chipotle Oil Thyme Oil Balsamic Sweet Chilli French Dressing Sriracha Olive Oil Bluecheese Dressing	Basil Oil Chipotle Oil Thyme Oil Balsamic Sweet Chilli French Dressing Sriracha Olive Oil Bluecheese Dressing