

SIDCOT SCHOOL BREAKFAST MENU

MONDAY

Cereal selection
Toast, spreads & preserves
Yoghurt, fruit & seed bar

Hot cereal

Porridge

Cooked breakfast

Cheese omelette, sauté mushrooms & beef tomato slice

Alternative option

Cinnamon Swirl

Fresh fruit option

Melon slice

Beverages

Orange juice & apple juice
A selection of hot drinks

TUESDAY

Cereal selection
Toast, spreads & preserves
Yoghurt, fruit & seed bar

Hot cereal

Porridge

Cooked breakfast

Back bacon, hash browns & poached egg

Alternative option

Pan au chocolate

Fresh fruit option

Mixed berries

Beverages

Orange juice & apple juice
A selection of hot drinks

WEDNESDAY

Cereal selection
Toast, spreads & preserves
Yoghurt, fruit & seed bar

Hot cereal

Porridge

Continental breakfast

Continental meats & cheeses, smashed avocado & boiled eggs

Alternative option

Buttered croissant & assorted rolls

Fresh fruit option

Chopped kiwi & mango combo

Beverages

Orange juice & apple juice
A selection of hot drinks

THURSDAY

Cereal selection
Toast, spreads & preserves
Yoghurt, fruit & seed bar

Hot cereal

Porridge

Cooked breakfast

Oven baked sausage, scrambled egg & baked beans

Alternative option

Chocolate twist

Fresh fruit option

Chopped fresh pineapple

Beverages

Orange juice & apple juice
A selection of hot drinks

FRIDAY

Cereal selection
Toast, spreads & preserves
Yoghurt, fruit & seed bar

Hot cereal

Porridge

Cooked breakfast

Crispy bacon, french toast & caramelised bananas

Alternative option

Portuguese custard tart

Fresh fruit option

Mixed grapes

Beverages

Orange juice & apple juice
A selection of hot drinks

SATURDAY

Cereal selection, toast, spreads & preserves
Yoghurt, fruit & seed bar

Continental breakfast

Continental meats & cheeses, boiled eggs & assorted rolls

Alternative option

Buttered croissant

Beverages

Orange juice, apple juice & a selection of hot drinks

It's the weekend!

SUNDAY BRUNCH

Cereal selection, toast, spreads & preserves
Yoghurt, fruit & seed bar

Cooked breakfast with extra surprises

Fried bread, sausage, bacon, fried egg & baked beans

Alternative option

Refer to weekly brunch menu surprises

Beverages

Orange juice, apple juice & a selection of hot drinks

It's the weekend!

Vegan option available where required

ALTERNATIVE MILK OPTIONS

Soya, oatmeal & coconut

BREAKFAST CEREAL

We provide a minimum of 6 choices of cereal

Gluten free breads and cereals available daily



Sidcot
Live Adventurously

Meals are subject to change at short notice. Allergen information can be obtained on request at the meal time.

SIDCOT SCHOOL LUNCH MENU WEEK 1

MONDAY

Soup

Chicken

Main choices

Roasted squash & feta cheese mix
Penne carbonara Lem-
on & parsley cod steaks

Vegetables & sides

Oregano potatoes, broccoli florets, &
crusted tomato

Alternative options

Salad & cold meat bar
Assorted breads, vinaigrettes & oils

Pudding option

Assorted ice-cream & wafer
Fresh fruit bowl

TUESDAY

Soup

Tomato & red pepper

Main choices

Mozzarella & tomato chicken breast
Greek briam
Butchers sausages in red wine gravy

Vegetables & sides

New potato, sweetcorn &
garden peas

Alternative options

Salad & cold meat bar
Assorted breads, vinaigrettes & oils

Pudding option

Peaches & cream Fresh
fruit bowl

WEDNESDAY

Soup

Roasted butternut squash

Main choices

Roast turkey & stuffing
Spinach, sweet potato & lentil dhal
Beef in red wine sauce

Vegetables & sides

Roast potatoes, creamed leeks, carrots
& gravy

Alternative options

Salad & cold meat bar
Assorted breads, vinaigrettes & oils

Pudding option

Apple crumble & custard
Fresh fruit bowl

THURSDAY

Soup

Roast garlic & sweet potato

Main choices

Quorn & pepper stir-fry
Hoisin chicken breast,
Mild beef chilli con carne

Vegetables & sides

Fresh herb rice, green beans & oriental
mixed vegetables

Alternative options

Salad & cold meat bar
Assorted breads, vinaigrettes & oils

Pudding option

Fruit yoghurt
Fresh fruit bowl

FRIDAY

Soup

Cream of mushroom

Main choices

Catch of the day & lemon wedge
Mushroom & stilton wellington
Homemade Minced Beef Pie

Vegetables & sides

Chipped potatoes, baked tomatoes &
mushy peas

Alternative options

Salad & cold meat bar
Assorted breads, vinaigrettes & oils

Pudding option

Chocolate chip cake
Fresh fruit bowl
**Senior school pudding served
from Kitchen@Sidcot**

SATURDAY

Main choices

Salmon & sweetcorn pasta bake
Cheese & tomato pizza slice
Meatballs in basil sauce

Vegetables & sides

Sauté potatoes & baked potatoes
Mixed vegetables

Pudding option

Jam doughnut

It's the weekend!

SUNDAY

Brunch

11:00 - 12:00

Refer to breakfast menu

Extras surprises

Halloumi fries
Fresh strawberries & cream
Sweet waffles & syrup

It's the weekend!

Vegan option available where required

Available Monday, Tuesday &
Wednesday

Kitchen@Sidcot

A speciality theme/street bar
for all to enjoy

Includes omelettes to order &

AVAILABLE WEEKDAYS

Grab & Graze

*A selection of salads, rolls &
sandwiches to take away*

PASTA PARADISE

A selection of pasta and specialist sauces avail-
able Monday, Tuesday & Wednesday (6th form)



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SIDCOT SCHOOL DINNER WEEK 1

MONDAY

Soup

Chicken

Main choices

Beef rump steak & mushrooms
Pork Meatballs in Gravy
Chick pea & bean chilli

Vegetables & sides

Lyonnais potatoes, red cabbage &
buttered nut squash

Pudding option

Baked rice pudding & jam sauce
Fresh fruit

Beverages

Fresh milk
Iced water

TUESDAY

Soup

Tomato & red pepper

Main choices

Sweet & sour pork
Vegetable tikka on naan bread
Honey & soya baked salmon

Vegetables & sides

Pilaf rice, mixed trees &
Oriental Vegetables

Pudding option

Chocolate fudge cake
Fresh fruit

Beverages

Fresh milk
Iced water

WEDNESDAY

Soup

Roasted butternut squash

Main choices

Beef burger in a bun
Bean Burger in a Bun
Cod loin wrapped in Parma ham

Vegetables & sides

French fries, petit pois & bbq baked
beans

Pudding option

Fresh fruit salad & cream
Fresh fruit

Beverages

Fresh milk
Iced water

THURSDAY

Soup

Roast garlic & sweet potato

Main choices

Hand carved honey baked ham
Squash & pepper gratin
Chicken & Mushroom Pasta Bake

Vegetables & sides

Cheesy half jackets, mini
corn kernels, mixed vegetables

Pudding option

Golden sponge pudding & custard
Fresh fruit

Beverages

Fresh milk
Iced water

FRIDAY

Soup

Cream of mushroom

Main choices

Cajun chicken with lime & coriander
Spanish paella
Macaroni cheese

Vegetables & sides

Rosemary potatoes, courgette
provençale & honey carrots

Pudding option

Banoffee pie
Fresh fruit

Beverages

Fresh milk
Iced water

SATURDAY

Basket meal night

Scampi & lemon wedge
Chicken spatchcock
Garden burger

Vegetables & sides

Chipped potatoes or
sweet potato fries

Pudding option

Cornetto ice cream

It's the weekend!!

SUNDAY

Main choices

Roast beef & yorkshire pudding
Roast chicken & stuffing
Vegetable crumble

Vegetables & sides

Roast potatoes, carrots, cauliflower au gratin &
roast gravy

Pudding option

Pear & Raspberry pie & Cream

It's the weekend!!

Vegan option available where required

ALTERNATIVE OPTION

A selection of salads

AVAILABLE WEEKDAYS

Hot steamed rice

COOK-



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SIDCOT SCHOOL LUNCH MENU WEEK 2

MONDAY

Soup

Tomato

Main choices

Mushroom, tomato/mozzarella stack
Parmesan & basil baked cod
Sausage roll

Vegetables & sides

Chive potatoes, baked beans &
steamed spinach

Alternative options

Salad & cold meat bar
Assorted breads, vinaigrettes & oils

Pudding option

Choc ice
Fresh fruit bowl

TUESDAY

Soup

Butternut squash & sweet potato

Main choices

Vegan balls in a Spicy Sauce Beef
bolognaise
Coriander & lemon chicken breast

Vegetables & sides

Midi potatoes, sauté courgettes &
mexican sweetcorn

Alternative options

Salad & cold meat bar
Assorted breads, vinaigrettes & oils

Pudding option

Lemon drizzle cake
Fresh fruit bowl

WEDNESDAY

Soup

Lentil & chilli

Main choices

Roast lamb & mint sauce
Quorn jumbo vegan roll
Garlic & herb rubbed chicken

Vegetables & sides

Roast potatoes, red cabbage, mixed
trees & gravy

Alternative options

Salad & cold meat bar
Assorted breads, vinaigrettes & oils

Pudding option

Cherry crumble & custard
Fresh fruit bowl

THURSDAY

Soup

Vegetable

Main choices

Cottage pie
Falafel & spinach burger
Quiche lorraine

Vegetables & sides

Oregano potatoes, creamed leeks &
green beans

Alternative options

Salad & cold meat bar
Assorted breads, vinaigrettes & oils

Pudding option

Pear & apple pie & whipped cream
Fresh fruit bowl

FRIDAY

Soup

Courgette & cheddar cheese

Main choices

Beef burger in a roll
Salsa & cheese topped cod loin
Roast vegetable quiche

Vegetables & sides

Jacket potato wedges, garden peas &
baked beans

Alternative options

Salad & cold meat bar
assorted breads, vinaigrettes & oils

Pudding option

Fruit flavour jelly & pouring cream
Fresh fruit bowl

**Senior school pudding served
from Kitchen@Sidcot**

SATURDAY

Baked potato bar

Crispy baked potatoes with a choice of:

Hot options

Chilli beef, vegetable tikka & baked beans

Cold options

Tuna mayonnaise, cheese & coleslaw

Pudding option

Chocolate muffin

*It's the
weekend!*

SUNDAY

Brunch

11:00 - 12:00

Refer to breakfast menu

Extras surprises

Sweet potato fries
Trio of mixed melon drenched in honey
American pancakes & maple syrup

*It's the
weekend!*

Vegan option available where required

Available Monday, Tuesday &
Wednesday

Kitchen@Sidcot

A speciality theme/street bar
for all to enjoy

Includes omelettes to order &

AVAILABLE WEEKDAYS

Grab & Graze

A selection of salads, rolls &
sandwiches to take away

PASTA PARADISE

A selection of pasta and specialist sauces avail-
able Monday, Tuesday & Wednesday (6th form)



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SIDCOT SCHOOL DINNER MENU WEEK 2

MONDAY

Soup

Tomato

Main choices

Beef hot pot
Vegetable risotto
Cajun pork steak & apple slice

Vegetables & sides

Croquette potatoes, green beans & mixed vegetables

Pudding option

Sticky toffee pudding & custard
Fresh fruit

Beverages

Fresh milk
Iced water

TUESDAY

Soup

Butternut squash & sweet potato

Main choices

Gluten free Florentine fishcake
Courgette, feta gnocchi
Chicken breast in a cream sauce

Vegetables & sides

Parsley potatoes, broccoli florets & honey carrots

Pudding option

Caramel chocolate brownie
Fresh fruit

Beverages

Fresh milk
Iced water

WEDNESDAY

Soup

Lentil & chilli

Main choices

Hawaiian bacon steak
Stilton & apple individual tart
Baked salmon & vine tomatoes

Vegetables & sides

Garlic & herb midi potatoes, corn on the cob & garden peas

Pudding option

Fruit salad & fresh cream
Fresh fruit

Beverages

Fresh milk
Iced water

THURSDAY

Soup

Vegetable

Main choices

Minute steak with Garlic Butter
Sweet & sour pak choi & vegetables
Hunters chicken breast

Vegetables & sides

Sauté potatoes, sauté mushrooms & mixed vegetables

Pudding option

Vanilla cheesecake
Fresh fruit

Beverages

Fresh milk
Iced water

FRIDAY

Soup

Courgette & cheddar cheese

Main choices

Somerset pork steaks
Vegetable cous cous
Beef cobbler

Vegetables & sides

Roast midi potatoes, baby carrots & savoy cabbage

Pudding option

Cranachan
Fresh fruit

Beverages

Fresh milk
Iced water

SATURDAY

Pizza Night

Served in a pizza box & eaten in the refectory

Pepperoni passion
Cheese & tomato
Chargrilled vegetables

Pudding option

Luxury Chocolate eclair

It's the weekend!

SUNDAY

Main choices

Roast pork & apple sauce
Chicken kiev
Lentil Roast

Vegetables & sides

Roast potatoes, carrots, Brussel sprouts & roast gravy

Pudding option

Baked rice pudding

It's the weekend!

Vegan option available where required

ALTERNATIVE OPTION

A selection of salads

AVAILABLE WEEKDAYS

Hot steamed rice

COOK-

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SIDCOT SCHOOL LUNCH MENU WEEK 3

MONDAY

Soup

Carrot & coriander

Main choices

Potato & spring onion frittata
Crispy chicken fillet & BBQ Sauce
Macaroni cheese

Vegetables & sides

Herby diced potatoes, Mix Veg nicoise,
& green beans

Alternative options

Salad & cold meat bar
Assorted breads & oils

Pudding option

Carrot cake
Fresh fruit bowl

TUESDAY

Soup

Asparagus

Main choices

Spring roll with thai chilli sauce
Pork stroganoff
Moroccan spiced fish

Vegetables & sides

Savoury rice, mexican sweetcorn &
Peas

Alternative options

Salad & cold meat bar
Assorted breads & oils

Pudding option

Fruit Yoghurt pot
Fresh fruit bowl

WEDNESDAY

Soup

Minestrone

Main choices

Ratatouille & cheese bake
Roast garlic & herb chicken breast
Beef bourguignon

Vegetables & sides

Garlic & herb midi potatoes, mixed
vegetables, Cauliflower

Alternative options

Salad & cold meat bar
Assorted breads & oils

Pudding option

Fruit crumble & custard
Fresh fruit bowl

THURSDAY

Soup

Rustic minted tomato

Main choices

Lime & chilli chicken breast
Cornish pasty & gravy
Falafel balls in spicy sauce

Vegetables & sides

Parsley new potatoes, Carrots & garden
peas

Alternative options

Salad & cold meat bar
Assorted breads & oils

Pudding option

Vanilla ice-cream & chocolate syrup
Fresh fruit bowl

FRIDAY

Soup

Pea & ham

Main choices

Goats cheese & red onion slice
Catch of the day & lemon
Butchers sausages & fried onions

Vegetables & sides

Chipped potatoes, baked beans &
garden peas

Alternative options

Salad & cold meat bar
Assorted breads & oils

Pudding option

Chocolate rice crispy cake
Fresh fruit bowl
**Senior school pudding served
from Kitchen@Sidcot**

SATURDAY

Main choices

Fish fingers, tartare sauce and lemon
Vegetable ravioli
bolognese bake

Vegetables & sides

Sauté potatoes & baked potatoes
Sweetcorn & sauté courgettes

Pudding option

Black forest gateau

It's the
weekend!

pasta

SUNDAY

Brunch

11:00 - 12:00

Refer to breakfast menu

Extras surprises

Has Browns
Mixed berries & clotted cream
Sweet waffles & syrup

It's the
weekend!

Vegan option available where required

Available Monday, Tuesday &
Wednesday

Kitchen@Sidcot

A speciality theme/street bar
for all to enjoy

Includes omelettes to order &

AVAILABLE WEEKDAYS

Grab & Graze

*A selection of salads, rolls &
sandwiches to take away*

PASTA PARADISE

A selection of pasta and specialist sauces avail-
able Monday, Tuesday & Wednesday(6th form)



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SIDCOT SCHOOL DINNER MENU WEEK 3

MONDAY

Soup
Carrot & coriander

Main choices
Braised beef steaks
Apricot glazed sliced gammon
Vegetable kiev

Vegetables & sides
Rosti potatoes, baton carrots,
Steamed leeks

Pudding option
European cheese & biscuits
Fresh fruit

Beverages
Fresh milk
Iced water

TUESDAY

Soup
Asparagus

Main choices
Paprika chicken
Vegetable lasagne
Mediterranean salmon steak

Vegetables & sides
Minted potatoes, sauté courgettes,
cauliflower cheese

Pudding option
Chocolate sponge & Hot Sauce
Fresh fruit

Beverages
Fresh milk
Iced water

WEDNESDAY

Soup
Minestrone

Main choices
Lamb tagine
Vegetable samosa & curry sauce
Sausage & smoked bacon casserole

Vegetables & sides
Scented herb rice , broccoli
florets & diced butternut squash

Pudding option
Fruit salad & cream
Fresh fruit

Beverages
Fresh milk
Iced water

THURSDAY

Soup
Rustic minted tomato

Main choices
Sweet chilli chicken thighs
Courgette feta & dill tart
Beef lasagne & garlic bread

Vegetables & sides
Croquette potatoes, green beans &
sweetcorn

Pudding option
Fruits of the forest cheesecake
Fresh fruit

Beverages
Fresh milk
Iced water

FRIDAY

Soup
Pea & ham

Main choices
Beef & mushroom pie
Flat Mushroom Butterbean & Kale
Chicken breast in a rustic bbq sauce

Vegetables & sides
Roasted Midiis baby carrots & braised
savoy cabbage

Pudding option
Individual lemon Mousse
Fresh fruit

Beverages
Fresh milk
Iced water

SATURDAY

Burger Night
Butchers beef burger
Chicken burger
Vegetarian burger

Vegetables & sides
Shoestring potatoes, bbq beans, crispy bacon &
onions

Pudding option
Profiteroles & chocolate sauce

It's the weekend!

SUNDAY

Main choices
Roast beef & yorkshire pudding
Roast chicken
& feta parcels
Spinach

Vegetables & sides
Roasted new potatoes, carrots, green beans &
roast gravy

Pudding option
Apple & cinnamon pie & custard

It's the weekend!

Vegan option available where required

**ALTERNATIVE
OPTION**
A selection of salads

**AVAILABLE
WEEKDAYS**
Hot steamed rice
COOK-

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SIDCOT SCHOOL LUNCH MENU WEEK 4

MONDAY

Soup

Leek & potato

Main choices

Spicy bean burger
Chicken & ham pie
Fish fingers

Vegetables & sides

Seasoned potato wedges, garden peas & baked tomatoes

Alternative options

Salad & cold meat bar
Assorted breads & oils

Pudding option

Sliced fresh melon
Fresh fruit bowl

TUESDAY

Soup

Carrot & coriander

Main choices

Roast vegetable & salsa wrap
Cheese & bacon turnover
Chicken tikka breast

Vegetables & sides

Midi potatoes, sweetcorn & baked beans

Alternative options

Salad & cold meat bar
Assorted breads & oils

Pudding option

Shortbread slice
Fresh fruit bowl

WEDNESDAY

Soup

Chinese noodle

Main choices

Sausage meat plait
Vegetable casserole
Beef with yorkshire pudding

Vegetables & sides

Roast potatoes, steamed leeks, mixed vegetables & gravy

Alternative options

Salad & cold meat bar
Assorted breads & oils

Pudding option

Syrup sponge & custard
fruit bowl Fresh

THURSDAY

Soup

Moroccan chick pea

Main choices

Teriyaki chicken breast
Goats cheese & red onion slice
Tomato & Basil Pasta Bake

Vegetables & sides

Parsley potatoes, courgette nicoise & vichy carrots

Alternative options

Salad & cold meat bar
Assorted breads & oils

Pudding option

Arctic roll
Fresh fruit bowl

FRIDAY

Soup

Chicken broth

Main choices

Smoked haddock in Cheese sauce
Lime & chilli aubergine
Cheese burger in a roll

Vegetables & sides

Sauté potato, broccoli florets & butternut squash

Alternative options

Salad & cold meat bar
Assorted breads & oils

Pudding option

Chocolate mousse & raspberries
Fresh fruit bowl
Senior school pudding served from Kitchen@Sidcot

SATURDAY

Main choices

Caesar salad

(Chicken sBreast bacon, cos/romaine lettuce, parmesan, croutons & Caesar dressing)

Alternative, vegan fillet

Pudding option

Flapjack

It's the weekend!

SUNDAY

Brunch

11:00 - 12:00

Refer to breakfast menu

Extras surprises

Sweet potato fries
Fresh strawberries & chocolate sauce
American pancakes & maple syrup

It's the weekend!

Vegan option available where required

Available Monday, Tuesday & Wednesday

Kitchen@Sidcot

A speciality theme/street bar for all to enjoy

Includes omelettes to order &

AVAILABLE WEEKDAYS

Grab & Graze

A selection of salads, rolls & sandwiches to take away

PASTA PARADISE

A selection of pasta and specialist sauces available Monday, Tuesday & Wednesday (6th form)



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SIDCOT SCHOOL DINNER MENU WEEK 4

MONDAY

Soup

Leek & potato

Main choices

Spiced baked salmon
Polenta & wild mushroom tart
Rump steak & fried Onions

Vegetables & sides

Lyonnaise potatoes, roasted
vegetables & broccoli florets

Pudding option

Black forest gateau
Fresh fruit

Beverages

Fresh milk
Iced water

TUESDAY

Soup

Carrot & coriander

Main choices

Herb breaded chicken breast
Roasted butternut risotto
Gammon steak & salsa

Vegetables & sides

Croquette potato, sauté courgettes &
baby carrots

Pudding option

Chocolate brownie
Fresh fruit

Beverages

Fresh milk
Iced water

WEDNESDAY

Soup

Chinese noodle

Main choices

Beef & onions in black bean sauce
Crispy chicken in sweet & sour sauce
Spring rolls & plum sauce

Vegetables & sides

Steamed rice, &
oriental vegetables

Pudding option

Fresh fruit salad & cream
Fresh fruit

Beverages

Fresh milk
Iced water

THURSDAY

Soup

Moroccan chick pea

Main choices

Vegetable Stew with pitta bread
Sliced turkey & stuffing
Beef chasseur

Vegetables & sides

Roast potatoes, cauliflower florets &
roasted parsnips

Pudding option

Egg custard tart
Fresh fruit

Beverages

Fresh milk
Iced water

FRIDAY

Soup

chicken broth

Main choices

Pork escalope & mushroom sauce
Paprika infused chicken
Quorn southern fried escalope

Vegetables & sides

Half jacket potatoes, baton carrots &
green beans

Pudding option

Lemon sponge & custard
Fresh fruit

Beverages

Fresh milk
Iced water

SATURDAY

Curry Night

Pork korma
Lentil & spinach curry
Chicken tikka masala

Vegetables & sides

Turmeric rice
Onion bhaji, poppadum's & sambols

Pudding option

Fresh fruit salad and fresh cream

It's the weekend!

SUNDAY

Main choices

Roast lamb & mint sauce
Roast chicken & pigs in blankets
Quorn & vegetable crumble

Vegetables & sides

Roast potatoes, carrots, broccoli florets & roast
gravy

Pudding option

Fruit crumble & cream

It's the weekend!

Vegan option available where required

ALTERNATIVE OPTION

A selection of salads

AVAILABLE WEEKDAYS

Hot steamed rice

COOK-



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SIDCOT SCHOOL SALAD BAR & MORNING

MONDAY

Morning break

Chopped fresh fruit
Hot & cold beverages
Biscuit of the day

TUESDAY

Morning break

Chopped fresh fruit
Hot & cold beverages
Biscuit of the day

WEDNESDAY

Morning break

Chopped fresh fruit
Hot & cold beverages
Biscuit of the day

THURSDAY

Morning break

Chopped fresh fruit
Hot & cold beverages
Biscuit of the day

FRIDAY

Morning break

Chopped fresh fruit
Hot & cold beverages
Biscuit of the day

SALAD BAR

Everyday simple salads

Iceberg & mixed speciality lettuce
Cucumber & tomatoes
Sweetcorn & mixed peppers
Shredded carrots
Chopped beetroot
Mixed beans
Pickled onions or gherkins

Composite salads - main stays

Coleslaw, potato salad & pasta salad

The protein

Two out of grated cheese, boiled eggs,
tuna or cold meat

Extras

Daily speciality salads

SALAD BAR

Everyday simple salads

Iceberg & mixed speciality lettuce
Cucumber & tomatoes
Sweetcorn & mixed peppers
Shredded carrots
Chopped beetroot
Mixed beans
Pickled onions or gherkins

Composite salads - main stays

Coleslaw, potato salad & pasta salad

The protein

Two out of grated cheese, boiled eggs,
tuna or cold meat

Extras

Daily speciality salads

SALAD BAR

Everyday simple salads

Iceberg & mixed speciality lettuce
Cucumber & tomatoes
Sweetcorn & mixed peppers
Shredded carrots
Chopped beetroot
Mixed beans
Pickled onions or gherkins

Composite salads - main stays

Coleslaw, potato salad & pasta salad

The protein

Two out of grated cheese, boiled eggs,
tuna or cold meat

Extras

Daily speciality salads

SALAD BAR

Everyday simple salads

Iceberg & mixed speciality lettuce
Cucumber & tomatoes
Sweetcorn & mixed peppers
Shredded carrots
Chopped beetroot
Mixed beans
Pickled onions or gherkins

Composite salads - main stays

Coleslaw, potato salad & pasta salad

The protein

Two out of grated cheese, boiled eggs,
tuna or cold meat

Extras

Daily speciality salads

SALAD BAR

Everyday simple salads

Iceberg & mixed speciality lettuce
Cucumber & tomatoes
Sweetcorn & mixed peppers
Shredded carrots
Chopped beetroot
Mixed beans
Pickled onions or gherkins

Composite salads - main stays

Coleslaw, potato salad & pasta salad

The protein

Two out of grated cheese, boiled eggs,
tuna or cold meat

Extras

Daily speciality salads



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Live Adventurously