

Monday

Elmhurst Deli Top W3

Tuesday

Daily

Selection of fresh bread, toppings and dressings to pick'n'mix a salad of your choice

Simple

Cherry tomatoes
Chunky cucumber
Sliced peppers
Coleslaw
Iceberg

Compound

Hummus
Kale, Courgette and Carrot
Ribbons with Black Sesame
Pumpkin, Sweet Potato and Red Onion

Fruit and Yoghurt

Chunky Fruit Salad Pots
Vanilla Yoghurt with Blueberries

Daily Protein

Sliced Cheddar

Dress It Up

Mayo, Ketchup, Nut Free Pesto, Balsamic and Olive Oil

Daily Toasties Bar

Selection of fresh bread, toppings and dressings to pick'n'mix a salad of your choice

Simple

Vine tomatoes
Cucumber smiles
Grated carrots
Sliced Peppers
Baby leaves

Compound

Hummus, Gherkins,
Pickled Celery, Fennel and Apple
Moroccan Inspired Salad

Fruit and Yoghurt

Chunky Melon Lollipops
Cranberry Yoghurt Pots

Daily Protein

Chicken Wings
Sliced Cheese

Dress It Up

Tomato Ketchup, Chive Mayo, Balsamic, Olive Oil, Olives

Wednesday

Daily

Selection of fresh bread, toppings and dressings to pick'n'mix a salad of your choice

Simple

Tomato wedges
Chunky cucumber
Sliced peppers
Coleslaw
Cos lettuce
Sweetcorn

Compound

Dressing, Mayo, Ketchup.
Roasted onion and Red Pepper.
Bulgur Wheat, Turnip, orange and Mint

Daily Protein

Thai Chicken Skewers
Sliced Mature Cheese

Fruit and Yoghurt

Chunky Fruit Cocktail Pots
Granola Yoghurt Pots

Thursday

Daily Toasties Bar

Selection of fresh bread, toppings and dressings to pick'n'mix a salad of your choice

Simple

Mixed tomatoes
Cucumber strips
Grated carrots
Sliced peppers
Iceberg Lettuce

Compound

Hummus, Lemon Mayo, Dressings
Rice Noodles, Bean and Pak Choi
Roast Carrot, Spiced Aubergine and
Plantain

Daily Protein

Chicken Drum Sticks
Tuna

Beetroot Boiled Eggs

Fruit and Yoghurt

Mixed Grape Pots
Pineapple Yoghurt Pots

Friday

Daily

Selection of fresh bread, toppings and dressings to pick'n'mix a salad of your choice

Simple

Tomato & basil
Chunky cucumber
Sliced peppers
Coleslaw
Mixed leaves
Chunky Med Veg Salad

Compound

Hummus, Mayo, Dressings, Tomato
Ketchup, Roast Veg Salad
Chef's Salad

Daily Protein

Sliced Cheddar
Chef's Choice

Fruit and Yoghurt

Sliced Honeydew Melon
Winter Berry Mixed Yoghurt