



SALAD MENU

Week 1

MONDAY

Crunchy Asian slaw with peanuts, sesame seeds, pickled ginger, Japanese mayo, avocado & a chili soya dressing.

TUESDAY

Prego chicken, feta, caramelised onion & grilled corn salad with cucumber, tomato & fresh lemon.

WEDNESDAY

Slow roasted tomatoes, sauteed mushrooms, cous-cous, basil pesto & olive oil on a bed of salad greens.

THURSDAY

Thai Beef salad with coconut, vermicelli noodles, coriander, julienne veg & sesame seeds.

FRIDAY

Mexican chicken salad with red kidney beans, corn, avo, cheddar & chipotle dressing.

Week 2

MONDAY

Quinoa, roasted vegetables, feta, sun dried tomato, pesto oil & fresh spinach salad with a balsamic dressing.

TUESDAY

Chinese chicken salad with egg noodles, peanuts, sesame seeds & a chilli soya dressing.

WEDNESDAY

Grilled chicken, feta, red pepper & avo served on a bed of fresh leaves, tomato, cucumber, julienne carrots, red cabbage & spinach.

THURSDAY

Grilled Haloumi & roasted vegetable salad with baby spinach, rocket & a balsamic dressing.

FRIDAY

Mixed nuts, apple, feta & cranberry salad on seasonal greens.