

# *Menu Selector*

## **Salads**

### **Leaf Salads**

Baby Leaf Salad  
Mixed Leaf and Herb Salad  
Peppery Leaf Salad

### **Light Dressings**

Sweet and Sour Cucumber with Dill  
Cherry Tomato with: Basil, Chive or Spring Onion  
Beetroot and Fresh Mint  
New Potato with Herbs and mustard dressing  
Avocado Salad  
Orange, Rocket and Red Onion with Cumin  
Mushroom and Radish with Watercress  
Mixed Beans with Lemon and Mustard  
Chick Pea with Onion, Coriander and Cumin  
Red Cabbage with Peppers  
Nicoise  
(Tuna, Potato, Fine Beans and Boiled Egg)  
Oriental  
(Bean sprout, Onion, Peppers and Orange with a Sesame and Ginger Dressing)  
Broad Bean and Bacon Salad  
Plum Tomato, Mozzarella and Basil  
Spicy Caribbean Potato Salad  
Roasted Pepper and Lima Bean  
Char grilled Sweet Potato and Aubergine with a Mint and Lemon Dressing

### **Mayonnaise Dressed Salads**

Coleslaw  
Coleslaw with Cheese  
New Potato with Chives or Garlic and Herbs  
Waldorf  
Pasta with Curried Mayonnaise and Pineapple

### **Rice, Pasta and Couscous**

Fruity Rice Salad  
Curried Rice Salad  
Pasta with Peppers and Herbs  
Pasta with Sun blushed Tomato, Red Onion and Basil  
Mint Tabouleh (couscous)  
Bulghar Wheat with Roasted Vegetables  
Pasta with Wild Mushrooms