

SALAD LIST

ITEM	DESCRIPTION
BEET SALAD	SLICES OF BEETS & RED ONION TOSSED IN LEMON JUICE & OLIVE OIL
BLACK BEAN & CORN SALAD	BLACK BEANS, CORN, RED ONION, BELL PEPPER
CARROT SALAD	SHREDDED CARROT W/ DRIED FRUIT IN A MAYO BASED DRESSING
CHICK PEA SALAD	CHICKPEAS AND VEGETABLES W/ HERBS
CONFETTI RICE SALAD	BASMATI RICE MIXED W/ ASSORTED DICED VEGETABLE TOSSED IN A SWEET OR SAVORY VINAIGRETTE
COUSCOUS SALAD	COUSCOUS MIXED W/ ASSORTED VEGETABLES TOSSED IN A HONEY DIJON VINAIGRETTE
CREAMY COLESLAW	CABBAGE & CARROTS TOSSED IN A MAYO BASED DRESSING
CUCUMBER SALAD	SLICED CUCUMBERS & ONIONS IN A SWEET VINAIGRETTE
EGG SALAD	SHREDDED HARD BOILED EGGS MIXED W/ CELERY & MAYO
EGGPLANT SALAD	CHUNKS OF EGGPLANT TOSSED W/ RED BELL PEPPER & CARROTS IN A HERB VINAIGRETTE
HEALTH SALAD	CABBAGE SALAD IN A VINAIGRETTE
ISRAELI SALAD	DICED TOMATOES, CUCUMBERS, ONION, BELL PEPPER, PARSLEY, LEMON JUICE, & OIL
MACARONI SALAD	MACARONI NOODLES MIXED W/ CELERY & CARROTS IN MAYO DRESSING
ORZO SALAD	ORZO PASTA MIXED W/ ASSORTED VEGETABLES IN A HERB VINAIGRETTE
PESTO PASTA	PASTA(i.e., PENNE,LINQUINE, BOWTIE, etc.), NUT FREE PESTO SAUCE, RED BELL PEPPER, CARROT, PEAS
QUINOA SALAD	QUINOA, DICED CUCUMBER, & CRAISINS TOSSED IN A HONEY LIME VINAIGRETTE
RED CABBAGE SALAD	SHREDDED PURPLE CABBAGE W/ JULIENNED CARROTS & RED BELL PEPPER IN A MAYO BASED DRESSING
RED SKIN POTATO SALAD	RED SKIN POTATOS & DILL TOSSED W/ CHOICE OF: MAYO OR OLIVE OIL
SESAME NOODLES	NOODLES MIXED W/ ASSORTED VEGETABLES TOSSED IN A SESAME & SOY DRESSING
SOUTHERN POTATO SALAD	POTATOES, SWEET PICKLES, GARLIC, MUSTARD,CELERY, & HARD BOILED EGGS MIXED W/ MAYO
SWEET ASIAN COLESLAW	GREEN & PURPLE CABBAGE, CARROTS, RED BELL PEPPER, & SESAME SEEDS TOSSED W/ ASIAN VINAIGRETTE
SWEET POTATO SALAD	CHUNKS OF ROASTED SWEET POTATO, CRAISINS, & WALNUTS IN A HONEY VINAIGRETTE
TABBOULEH W/ QUINOA	DICED TOMATOES, CUCUMBERS, QUINOA, RED ONION, BELL PEPPER, PARSLEY, MINT, CILANTRO LEMON JUICE, & OIL
TRADITIONAL POTATO SALAD	POTATO, CELERY, CARROT, ONION, & MAYO
TUNA SALAD	TUNA, CELERY, ONION, & MAYO
WILD RICE SALAD	LONG GRAIN WILD RICE, CELERY, RED BELL PEPPER, CARROTS, DRIED FRUIT IN A SWEET OR SAVORY VINAIGRETTE