

JANUARY

Cracked Wheat, Walnut and Pomegranate Salad

Curly Kale and Mung Bean Slaw

Gingery Celery and Red Onion Salad

Spicy Brussels Sprout Salad with Almonds and Mint

Chicory and Orange Salad with Ginger and Poppy Seed Dressing

Crunchy Beetroot Salad with Feta and Pear

Carrot and Swede Salad with a Honey and Wholegrain Mustard Dressing

Roast Jerusalem Artichoke, Hazelnut and Goats Cheese Salad

Celeriac Waldorf Salad with a Creamed Horseradish Dressing

Heirloom Apple and Hazelnut Salad

Spice-Roasted Cauliflower Salad

Leek and Coriander Salad

FEBRUARY

Cracked Wheat, Walnut and Pomegranate Salad

Curly Kale and Mung Bean Slaw

Spicy Brussels Sprout Salad with Almonds and Mint

Chicory and Orange Salad with a Ginger and Poppy Seed Dressing

Carrot and Swede Salad with a Honey and Wholegrain Mustard Dressing

Roast Jerusalem Artichoke, Hazelnut and Goats Cheese Salad

Spice-Roasted Cauliflower Salad

Oriental Purple Sprouting Broccoli and Tofu Salad

Leek and Coriander Salad

Pomegranate, Beetroot and Blood Orange Salad

MARCH

Cracked Wheat, Walnut and Pomegranate Salad

Chicory and Orange Salad with a Ginger and Poppy Seed Dressing

Celeriac Waldorf Salad with a Creamed Horseradish Dressing

Spice-Roasted Cauliflower Salad

Oriental Purple Sprouting Broccoli and Tofu Salad

Leek and Coriander Salad

Pomegranate, Beetroot and Blood Orange Salad

Seasonal Roasted Vegetable Pasta

APRIL

New Potato and Radish Salad

Broccoli and Chestnut Mushroom Salad

Asparagus, Butter Lettuce Salad with Pistachios and Mozzarella

Spinach, Olive and Tomato Salad

Rocket Salad

Orange and Watercress Salad

Jersey Royal Potato Salad with Spring Onions

Oriental Broccoli and Tofu Salad

Pesto Pasta Salad with Peppers and Fresh Basil

Wild Rice salad with Spring Onions

Roasted Vegetable Salad

MAY

New Potato Salad with Wholegrain Mustard Dressing

Potato and Radish Salad

Broccoli and Chestnut Mushroom Salad

Asparagus Butter Lettuce Salad with Pistachios and Mozzarella

Moroccan Carrot and Chickpea Salad

Spinach, Olive and Tomato Salad with a Balsamic Dressing

Carrot, Honey and Sultana Salad with a Wholegrain Mustard Dressing

Rocket Salad with Toasted Pine Nuts, Feta and Balsamic Dressing

Orange and Watercress Salad

Jersey Royal Potato Salad with Spring Onions and Fresh Mint

JUNE

New Potato Salad with Wholegrain Mustard Dressing

Potato and Radish Salad

Broccoli and Chestnut Mushroom Salad with Pistachios and Mozzarella

Moroccan Carrot and Chickpea Salad

Carrot, Honey and Sultana Salad with Wholegrain Mustard Dressing

Richly Dressed Red Onion Coleslaw

Lemon Fennel Salad with Flagulant Beans

Courgette Salad with Mint, Garlic, Red Chilli and Lemon Olive Oil

Mange Tout and Tomato Salad with a Mustard Dressing

Rocket Salad with Toasted Pine Nuts, Tofu and Balsamic Dressing

Orange and Watercress Salad

JULY

Potato and Radish Salad

Broccoli and Chestnut Mushroom Salad

Moroccan Carrot and Chickpea Salad

Carrot, Honey and Sultana Salad with a Wholegrain Mustard Dressing

Richly Dressed Red Onion Coleslaw

Lemon Fennel Salad with Flagulant Beans

Courgette Salad with Mint, Garlic, Red Chillies and Lemon olive Oil

Mange tout And Tomato Salad with a Mustard Dressing

Rocket Salad with Toasted Pine Nuts, Tofu and Balsamic Dressing

Cucumber and Tofu Salad with a Sesame and Ginger Dressing

Orange and Watercress Salad

Tomato and French Bean Salad

AUGUST

Potato and Radish Salad

Broccoli and Chestnut Mushroom Salad

Moroccan Carrot and Chickpea Salad

Carrot, Honey and Sultana Salad with a Wholegrain Mustard Dressing

Richly Dressed Red Onion Coleslaw

Lemon Fennel Salad with Flagulant Beans

Courgette Salad with Mint, Garlic, Red Chillies and Lemon Olive Oil

Mange tout Salad With a Mustard Dressing

Rocket and Tomato Salad with a Balsamic Dressing

Cucumber and Tofu Salad with a Sesame and Ginger Dressing

Orange and Watercress Salad

Tomato and French Bean Salad

SEPTEMBER

Broccoli and Chestnut Mushroom Salad

Moroccan Carrot and Chickpea Salad

Crunchy Beetroot Salad with Feta and Pears

Roasted Butternut Squash, Mushroom and Stilton Salad

Carrot, Honey and Sultana Salad with a Wholegrain Mustard Dressing

Richly Dressed Red Onion Coleslaw

Lemon Fennel Salad With Flagulent Beans

Courgette Salad with Mint, Garlic, Red Chillies and Lemon Olive Oil

Roasted Pepper and Mange tout Salad

Rocket Salad with Toasted Pine Nuts, Tofu and a Balsamic Dressing

Cucumber and Tofu Salad with a Sesame and Ginger Dressing

Orange and Watercress Salad

OCTOBER

Broccoli and Chestnut Mushroom Salad

Curly Kale and Mung Bean Slaw

Moroccan Carrot and Chickpea Salad

Gingery Celery and Red Onion Salad

Crunchy Beetroot Salad with Feta and Pear

Roasted Butternut Squash, Mushroom and Stilton Salad

Celeriac Waldorf Salad with a Creamed Horseradish Dressing

Heirloom Apple and Hazelnut Salad

Carrot, Honey and Sultana Salad with a Wholegrain Mustard Dressing

Richly Dressed Red Onion Coleslaw

Lemon Fennel Salad with Flagulant Beans

Courgette Salad with Mint, Garlic, Red Chillies and Lemon Olive Oil

Roasted Pepper and Mange tout Salad

Mange tout and Tomato Salad with a Mustard Dressing

Rocket Salad with Toasted Pine Nuts, Tofu and Balsamic Dressing

Orange and Watercress Salad

Leek and Coriander Salad

NOVEMBER

Curly Kale and Mung Bean Slaw

Gingery Celery and Red Onion Salad

Chicory and Orange Salad with a Ginger Dressing

Crunchy Beetroot Salad with Feta and Pear

Roasted Butternut Squash, Mushroom and Stilton Salad

Honey Carrot and Swede Salad

Roast Jerusalem Artichoke, Hazelnut and Goats Cheese Salad

Celeriac Waldorf Salad with a Creamed Horseradish Dressing

Heirloom Apple and Hazelnut Salad

Leek and Coriander Salad

DECEMBER

Curly Kale and Mung Bean Slaw

Gingery Celery and Red Onion Salad

Spicy Brussels Sprout Salad with Almonds and Mint

Chicory and Orange Salad with a Ginger Dressing

Crunchy Beetroot Salad with Feta and Pear

Honey Carrot and Swede Salad

Roast Jerusalem Artichoke, Hazelnut and Goats Cheese Salad

Celeriac Waldorf Salad with a Creamed Horseradish Dressing

Heirloom Apple and Hazelnut Salad

Spice-Roasted Cauliflower Salad

Leek and Coriander Salad
