

**Salad Themes and Quantities**  
**Huband Park Elementary Salad Bar**

**Intro Salad Bar:** May 7 (hot, sunny day!)

This amount was eaten (no leftovers) by **35 people:**

3 cucumbers, sliced  
14 carrots, grated  
2 beets, grated  
30 buns (buttered) from Grains Bakery – ½ white, ½ multigrain  
3.5 lbs greens  
1 lb radishes  
1 lb sprouts  
24 eggs  
Salad mix seed topping

**Pasta Theme: For 55 - 60 people (Oct 29)**

1.8 kg bag pasta spirals (superstore)  
15 carrots, grated  
5 cucumbers, sliced  
2.5 – 3 lbs greens  
Baby tomatatoes  
Sprouts  
3 doz eggs  
Peppers  
Grated cheese  
Balsamic and Sunshine dressings

**Asian Theme: (for 80 people)**

5 – 400g bags rice vermicelli noodles  
2 bags shelled edamame (organic – Superstore)  
9 cucumbers  
45-50 eggs scrambled and cooked flat then cut into strips  
Sprouts  
Shredded romaine or mixed greens  
Grated carrots  
Sliced peppers (cubed goes further)  
Thrifty's salad topping mix  
serve with Asian style dressing

**Mediterranean (Christmas) Theme: served 60 people**

1 bag quinoa (Costco) cooked, dressed with orange juice, honey, olive oil, S&P + raisins (opt. for xmas)  
Romaine lettuce shredded – 10 heads (Costco)  
1 bag peppers, diced (Costco)  
Baby tomatoes  
Baby carrots  
Sunflower sprouts  
Mandarin segments (approx. 12 - 15 mandarins) opt. for xmas  
3 x 482 g hummus (Fontaine Sante, caramelized onion from Costco), remove onions from top

8 cucumbers - cubed  
Tzaziki (see dressing recipes – min 3 times the recipe)  
40 Boiled eggs (or falafel)

**Wraps:** for 65 people

1 Costco pkg white tortillas  
1 Costco pkg ancient grain tortillas  
2 pkg GF corn tortillas from Abuela's  
3 x 482 g hummus (Fontaine Sante, caramelized onion from Costco), remove onions from top  
1 lb alfalfa sprouts  
1 Costco block medium orange Cheddar, grated in food processor  
6 peppers, diced  
5 cucumbers, diced  
12 tomatoes, diced  
5 lb carrots, grated  
40 eggs, boiled and sliced  
Ranch and Sunshine dressings

**Mexican Theme: 50 people**

2-3 Costco bags Que Pasa tortilla chips  
3 small tins black beans  
1 bag frozen corn, organic (Costco)  
2-3 mangoes – if ripe, diced  
½ green cabbage sliced very finely  
15 carrots, grated  
3 cucumbers, diced  
6 peppers, diced  
Salsa – fresh from Costco + 1 lg jar  
7-8 avocados for Guacamole  
1 bag limes  
15-20 eggs  
Cilantro-lime dressing

**Winter greens:**

1 cabbage – slice very finely  
Kale – finely chopped  
Greens  
Pomegranate  
Apples – diced/sliced  
Boiled eggs  
Pasta  
Carrots, grated  
Cucumber, sliced  
Beets

**Other ideas:**

Couscous

Dolmades

Potato salad (too labour intensive)

Coconut square soup

Butternut soup