

Menu Week 1



ABINGDON SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Carrot & Coriander Soup	Mushroom & Tarragon Soup	Butterbean & Spring Onion Soup	Chilli & Tomato Soup	Classic Leek & Potato Soup	French Onion Soup	Sweet Potato & Lentil Soup
Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar
Selection of Dressings	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise
Main Meal	Beef Lasagne	Chicken, Leek & Parsley in a White Wine Cream Sauce	Golden Pork & Apricot Casserole	Roast Chicken & Sage & Onion Stuffing	Fish of the Day	Handmade Pork and Apple Sausage Rolls	Hospitality Breakfast Szechwan Chicken Stir-Fry
Main Vegetarian	Roasted Vegetable Bruschetta & Basil Oil	Vegetarian Shepherds Pie	Spicy Bean & Halloumi Burger with Mixed Leaf & Chutney	Butterbean & Vegetable Hot Pot	Vegetable Jalfrezi with Lentils & Basmati Rice	Baked Root Vegetable Herb Cobbler	Mushroom and Rocket Risotto with a Tarragon Dressing
Chef's Choice	Lamb Tagine with Stewed Fruits & Cous Cous	Hot Roast Pork, Stuffing & Apple Sauce Bap	N/A	Thai Fishcakes, Sweet Chilli Sauce & Bean Salad	Pot Roast Chicken with Sweet Peppers & Beans	N/A	N/A
Potatoes or Rice	Roast New Potatoes	Boiled Rice	Coriander Cous Cous	Roast Potatoes	Sauteed Potatoes	Chips	Egg Fried Rice Sauteed Potatoes
Vegetables	Ratatouille Peas	Courgettes & Sweetcorn	Honey Roasted Root Vegetables	Braised Red Cabbage with Sultanas Cauliflower Florets	Baked Beans Peas	BBQ Beans Carrots	Stir Fry Vegetables
Meat Pasta Bar	Chicken & Mushroom	Spiced Lamb, Chickpeas & Roasted Pepper	Bolognese	Hot & Spicy Bacon	Spicy Sausage & Tomato	Lamb Bolognese	N/A
Vegetarian Pasta Bar	Marinated Herb & Tomato(V)	Onion & Parmesan (V)	Tomato & Roasted Vegetables(V)	Goats Cheese & Watercress(V)	Sicilian Cauliflower (V)	Three Cheese (V)	N/A
Cut Fruit and Yoghurt Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar
Hot or Cold Dessert	Fruit & Oat Crumble with Custard	Lemon Curd Sponge with Vanilla Sauce	Raspberry Jelly Pots & Cream	Creamy Rice Pudding with Jam Sauce	Raspberry Ripple Ice Cream	Apple Sponge with Custard	N/A

Menu Week 2



ABINGDON SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Tomato, Coriander and Black Olive Soup	Apple & Celeriac Soup	Minestrone Soup	Cream of Mushroom Soup	Chunky Tomato & Basil Soup	Spiced Parsnip Soup	French Onion Soup
Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar
Selection of Dressings	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise
Main Meal	Lamb Pasanda	Chilli Con Carne & Tomato Salsa	Pork Chop with Creamy Bacon Cabbage	Roast Turkey with Sage & Onion Stuffing & Gravy	Fish Of The Day	Mixed Grill	Hospitality Breakfast Hot Shredded Szechwan Beef Noodles
Main Vegetarian	Pumpkin & Butterbean Ragu	Baked Root Vegetable Herb Cobbler	Spicy Vegetable Casserole	Roast Vegetable Cassoulet	Baked Lentil & Vegetables Topped with Creamy Mashed Potatoes	Roasted Vegetable Bruschetta with Basil Oil	Goats Cheese & Leek Strudel
Chef's Choice	Poached Chicken, Squash & Pumpkin Seed Risotto	BBQ Pork Belly	N/A	Seafood Paella	Pork, Pineapple, Ginger & Sweet Chilli Stir Fry	N/A	N/A
Potatoes or Rice	Braised Saffron Rice	Boiled Rice	Roast New Potatoes with Thyme	Roast Potatoes	Garlic Potatoes	Sauteed Potatoes	Chilli Noodles
Vegetables	Baton Carrots Sweetcorn	Mediterranean Vegetables Peas	Medley of Root Vegetables	Cauliflower & Broccoli Cheese Sweetcorn	Baked Beans Peas	Peas & Sweetcorn Baked Tomatoes	Stir Fry Vegetables
Meat Pasta Bar	Bolognaise	Chicken & Leek	Lamb Bolognaise	Carbonara	Beef Meatballs in Tomato Sauce	Italian Tuna & Sweetcorn	N/A
Vegetarian Pasta Bar	Pesto (V)	Neapolitan (V)	Three Cheese (V)	Aubergine & Tomato (V)	Pesto (V)	Herby Tomato & Mushroom (V)	N/A
Cut Fruit and Yoghurt Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar
Hot or Cold Dessert	Chocolate & Orange Sponge with Chocolate Sauce	Apple & Cinnamon Crumble with Vanilla Sauce	Strawberry Jelly	Baked Sultana Sponge with Custard	Toffee Apple Sponge with Custard	Waffles with Chocolate Sauce	N/A

Menu Week 3



ABINGDON SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Roasted Sweet Pepper & Basil Soup	Tomato ,Balsamic Basil Soup	Courgette & Cumin Soup	Celeriac Soup	Spiced Red Lentil Soup	Irish Potato Soup	Cream Of Broccoli Soup
Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar
Selection of Dressings	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise
Main Meal	Lancashire Hot Pot	Hungarian Turkey Casserole	Baked Lemon Chicken with Turmeric Potatoes	Honey Roast Gammon	Fish Of The Day	Chicken Caesar Wrap	Hospitality Breakfast Cantonese Style Pork
Main Vegetarian	Pumpkin & Butterbean Ragu	Mushroom ,Leek & Soft Cheese Quiche	Quorn,chickpea & Spinach Tagine	Spicy Vegetable Casserole	Brie, Leek & Broccoli Strudel	Roasted Vegetable & Coriander Pesto Bake	Quorn Stir Fry
Chef's Choice	Moroccan Style Chicken Legs	Steamed Pangasius with Tomato & Basil Salad	N/A	South Coast Fish Pie Topped with Rosti Potatoes	Golden Pork & Apricot Casserole	N/A	N/A
Potatoes or Rice	Boiled New Potatoes	Cous Cous	Turmeric Potatoes	Roast Potatoes	Roast New Potatoes	Sauteed Potatoes	Egg Fried Rice
Vegetables	Honey Roasted Root Vegetables Peas	Mediterranean Vegetables Sweetcorn	Sauteed Leeks & Mushrooms	Ratatouille Broccoli Florets	Baked Beans Peas	Courgettes Sweetcorn	Stir Fried Chinese Leaf & Bok Choi
Meat Pasta Bar	Ground Chilli Beef	Spicy Sausage & Tomato	Bolognaise	Spicy Lamb with Chickpeas	Spicy Chicken	Sausage & Tomato	N/A
Vegetarian Pasta Bar	Onion & Parmesan (V)	Spicy Italian (V)	Pesto (V)	Aubergine & Tomato (V)	Italian Bean and Tomato (V)	Aubergine & Tomato (V)	N/A
Cut Fruit and Yoghurt Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar
Hot or Cold Dessert	Orchard Fruit Crumble with Custard	Apple Streusel Cake with Vanilla Sauce	Orange Jelly	Creamy Rice Pudding with Jam Sauce	Lemon Curd Sponge with Custard	Banoffee Crumble with Custard	N/A