


Menu Week 1



ABINGDON SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Chunky Tomato & Basil Soup	Carrot & Coriander Soup	Mushroom & Tarragon Soup	Minted Pea Soup	Chilli & Tomato Soup	French Onion Soup	Sweetcorn Chowder
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	Lemon Chicken with Butter Beans & Basil	Italian Beef Lasagne	Lamb Kheema Korma	Roast Chicken, Sage & Onion Stuffing	Fish of the Day	Pulled Pork Baps	Hospitality Breakfast Hot Thai Chicken Stir Fry
Main Vegetarian	Leek & Potato Frittata	Louisiana Vegetable Gumbol	Butterbean & Vegetable Hot Pot	Goats Cheese, Roquette and Spinach Strudel	Roasted Vegetable Bruschetta & Basil Oil	Mushroom & Roquette Risotto	Cantonese Quorn Stir Fry
Chef's Choice	Minced Lamb, Potato & Mint Pie	Turkey & Pepper Wrap	Baked Fish with Tomato, Peppers and Olives	Pork, Bacon & Sausage Cassoulet	Lamb & Spinach Moussakae	N/A	N/A
Potatoes or Rice	Boiled New Potatoes	Roasted New Potatoes	Turmeric Rice	Garlic & Rosemary Roast Potatoes	Roasted New Potatoes	Spicy Potato Wedges	Basmati Rice
Vegetables	Roasted Carrots Sweetcorn	Mediterranean Vegetables	Courgettes Sweetcorn	Medley Root Vegetables Broccoli Florets	Baked Beans Peas	Mixed Salad Red Coleslaw	Stir Fry Chinese Leaf With Bok Choi
Meat Pasta Bar	Bolognaise	Tuna & Sweetcorn	Sweet & Sour Chicken	Braised Chilli Beef	Chicken & Mushroom	Spicy Beef	N/A
Vegetarian Pasta Bar	Three Cheese(V)	Bean & Mushroom (V)	Thai Vegetable Curry(V)	Fresh Made Pesto (V)	Herb & Tomato (V)	Goats Cheese & Watercress (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	Canadian Gingerbread Accompanied by Vanilla Sauce	Apple Crumble Accompanied By Custard	Bread & Butter Pudding Accompanied By Custard	Creamy Rice Pudding & Raspberry Sauce	Sticky Toffee Pudding Accompanied By Cream	Fruit of The Forest Cheesecake	N/A 

Menu Week 2



ABINGDON SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Leek & Potato Soup	Roasted Tomato Soup	Broccoli & Stilton Soup	Sweetcorn Chowder	Cream Of Mushroom Soup	Tomato 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	Chicken, Mushroom & Spinach Pie	Cumberland Sausages & Boston Bean Cassoulet	Chicken, Sweet Potato & Spinach Rogan Josh	Roast Gammon Honey Baked	Fish of The Day	Pork Chop With Bubble & Leek Cakes	Hospitality Breakfast Teraki Chicken
Main Vegetarian	Sweet Potato & Sage Butter Risotto	Quorn, Chickpea & Spinach Tagine	Butternut Squash Bake	Kidney Bean & Vegetable Lasagne	Chilli Bean & Squash Stew	Cheese & Tomato Calzone	Gnocchi With Pesto & Parmesan
Chef's Choice	Glazed Pork Steak	Braised Lamb wit Celeriac & Mint Herb Dumplings	Minced Beef Wellington With Roasted New Potatoes	Salmon & Haddock Fishcakes	Thai Style Lamb Meatballs	N/A	N/A
Potatoes or Rice	Boiled New Potatoes	Garlic Mashed Potatoes	Braised Rice	Roast Potatoes	Roasted New Potatoes	Bubble & Squeak	Spicy Noodles
Vegetables	Savoy Cabbage Sweetcorn	Honey Roasted Parsnips Peas	Cauliflower Florets Ratatouille	Braised Red Cabbage Lemon Courgettes	Baked Beans Peas	Honey Lemon Carrots Sweetcorn	Stir Fry Vegetables
Meat Pasta Bar	Lamb Bolognaise	Beef Stroganoff	Spicy Bacon	Beef & Chilli	Bolognaise	Chilli	N/A
Vegetarian Pasta Bar	Tomato & Roasted Vegetables (V)	Freshly Made Pesto (V)	Goats Cheese & Watercress (V)	Quorn Stir Fry with Ginger(V)	Italian Bean & Mushroom (V)	Herby Tomato & Roasted Vegetable (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	Plum Peasent Pudding Accompanied by	Chocolate Chip Sponge Accompanied by	Jam Tart Accompanied By Custard	Lemon Sponge Accompanied By Custard	Pear & Chocolate Crumble Accompanied by	Key Lime Pie	N/A

Menu Week 3



ABINGDON SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Cream of Root Vegetable Soup	White Bean & Chive Soup	Chunky Tomato & Basil Soup	Cream of Mushroom Soup	Carrot & Coriander Soup	French Onion Soup	Chilli & Tomato 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	Mediterranean Beef Casserole	Hungarian Turkey Stew	Moroccan Lamb	Roast Beef with Creamy Horseradish	Fish of The Day	Braised Chicken with Bacon & Mushroom	Hospitality Breakfast Slow Roasted BBQ Pork Belly
Main Vegetarian	Foraged Mushroom & Bean Cassoulet	Chunky Shepherd's Pie with Celeriac Topping	Chilean Bean & Squash Stew	Leek & Cheshire Quiche	Stuffed Peppers with Mushrooms & Cheese	Sweet Potato Burritos	Stir Fry Vegetable Chow Main
Chef's Choice	Golden Chicken, Pepper Fajita	Pork, Pineapple, Ginger & Sweet Chilli Stir Fry	South Coast Fish Pie with Rosti Topping	Poached Chicken, Squash & Pumpkin Seed Risotto	Cumberland Sausage, Onion & Potato Pie	N/A	N/A
Potatoes or Rice	Garlic & Rosemary New Potatoes	Braised Saffron Rice	Lemon & Coriander Cous Cous	Roast Potatoes	Sauteed Potatoes	Crushed Herb New Potatoes	Noodles
Vegetables	Roasted Fennel Sweetcorn	Baton Carrots Peas	Roasted Peppers Saute Leeks & Mushrooms	Honey Roasted Parsnips Cauliflower & Broccoli Cheese	Baked Beans Peas	Roasted Ned Vegetables	Stir Fried Vegetables
Meat Pasta Bar	Carbonara	Braised Chilli Beef	Szechwan Chicken	Braised Lamb Ragout	Beef meatballs In a Tomato Sauce	Spicy Sausage	N/A
Vegetarian Pasta Bar	Spicy Italian (v)	Sicilian Cauliflower(V)	Asian Stir Fry Vegetables (V)	Three Cheese (V)	Roasted Aubergine (V)	Neapolitan (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 Fudge Cake Accompanied by Chocolate Sauce	Fruits Of The Forest Streusel Accompanied By Cream	Eve's Pudding Accompanied By Custard	Rhubarb & Apple Crumble Accompanied By Custard	Apricot Flapjack Pudding	Mandarin In Jelly	N/A

Menu



ABINGDON SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Apple & Celeriac Soup	Courgette & Cumin	Chinese Vegetable	Sweet Potato & Lentil	Roasted Tomato & Balsamic & Basil	N/A	Roasted Sweet Pepper & Basil
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 oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise
Main Meal	Pork Stroganoff	Indian Style Fish Cakes	Jamaican Chicken Wrap	Lamb Pasanda	Mexican Spicy Beef Tacos	Hot Chicken Tikka Baguette	Selection of three roast meats
Main Vegetarian	Emmental & Roquette Quiche	Crushed Cherry Tomato, Basil & Mozzarella Pizza	Spinach, Herb & Ricotta Cheese Pasta Bake	Chinese Vegetable Wrap	Vegetable Omelette with Spinach Salad	Hot Brie, Cranberry & Watercress Baguette	Macaroni Cheese
Potatoes or Rice	Boiled rice Crushed New Potatoes	Garlic Potatoes Noodles	Cajun Wedges Jasmine Rice	Basmati Rice Noodles	Mexican Rice	Chips	Roasted potatoes
Vegetables	Med Vegetable Cabbages	Sweetcorn Honey & Lemon Carrots	Stir Fried Vegetables	Ratatouille	Roasted Peppers sweetcorn	Sweet Potato Salad	Cauliflower & Broccoli Cheese Roasted carrots
Pasta Bar	Spicy Bacon	Italian Bean & Tomato	Chicken & Leek	Herb & tomato	Hot Chilli		
Cut Fruit and Yoghurt Bar	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts
Hot or Cold Dessert	Peach Melba	Banana Custard	Chocolate Brownie	Fresh Fruit Salad	Jelly Pots	Ice Cream Sundae	Meringue Nest with Cream & Fruit Coulis

Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Roasted Sweet Pepper & Basil	Tomato & Lentil	Mushroom & Tarragon	Minestrone	Celeriac	N/A	Cream Of Mushroom
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 oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise
Main Meal	Caribbean Mutton Curry	Bubble & Squeak Topped Shepherd's Pie	Grilled Cod With Roasted Fennel	Beef Bourguignon	Aromatic Red Pork Curry with Green Beans	Piri Piri Chicken Thighs	Selection of three roast meats
Main Vegetarian	Chickpea & Vegetable Curry	Grilled Aubergine & Tomato Layer with Pesto Dressing	Mozzarella & Roasted Vegetable Tarts	Potato & Spring Onion & Cheddar Pie	Roasted Vegetable Lasagne With Garlic Bread	Ratatouille Filled Pancakes	Mushroom, Leek and Soft Cheese Quiche
Potatoes or Rice	Bombay Aloo Potatoes Braised Rice	Parsley New Potatoes Noodles	Roasted Herby New Potato Jasmine Rice	Crushed New Potatoes Noodles	Rice	Sauteed New Potatoes	Roasted potatoes
Vegetables	Aloo sag Lemon Courgettes	Roasted Carrots Sweetcorn	Lemon Courgettes Roasted Peppers	Honey Roasted Parships Glazed Carrots	Thai Spiced Vegetables	Onion Salad Greek Salad	Cauliflower Cheese Roasted Carrots & Parsnips
Pasta Bar	Neapolitan	Onion & Parmesan	Pea & Gammon	Italian Tuna & Sweetcorn	Three cheese	Carbonara	
Cut Fruit and Yoghurt Bar	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts
Hot or Cold Dessert	Chocolate Topped Flapjack	Banoffee	Millionaire Shortbread	Peach Helene	Berry Streusel with Cream	Ice Cream with Various Toppings	Golden Croissant Pudding with Custard

Menu



ABINGDON SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Cream Of Leek	Spicy Red Lentil	Leek & Potato	Watercress	Yellow Split Pea & Vegetable	N/A	French Onion
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 oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise
Main Meal	Pork Cassoulet	Beef Rogan Josh	Hunters Chicken	Pork Escalope With Coriander Chutney	Beef Lasagne with Garlic Bread	Thai Chicken Stir Fry	Selection of three roast meats
Main Vegetarian	Mediterranean Quorn Wrap	Mature Cheddar Cheese & Spring Onion Quiche	Stuffed Peppers with Quinoa, Aubergine & Basil	Root Vegetable, sage & Onion Crumble	Spring Onion & Chive Risotto With Pearl Barley	Vegetable Thai Curry	Quesadilla Torte
Potatoes or Rice	Garlic Mashed Potatoes Noodles	Bombay Potatoes Basmati Rice	Garlic Potatoes Noodles	Roasted New Potatoes Jasmine Rice	Sauteed New Potatoes Noodles	Boiled rice	Roast potatoes
Vegetables	Sauteed Leek & Mushrooms Peas	Sweetcorn	Sliced Courgettes Carrots	Savoy Cabbage Herb Roasted Vegetables	Peas Baton Carrots	Three Leaf Salad Aubergine Salad Korean Onion Salad	Broccoli Florets Carrots Sugar Snap Peas
Pasta Bar	Bolognaise	Onion & Parmesan	Aubergine & Tomato	Spicy Sausage	Roasted Cajun Vegetable	Tomato & Basil	
Cut Fruit and Yoghurt Bar	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts
Hot or Cold Dessert	Apple Turnovers	Banana & Chocolate Chip Muffins	Devonshire Split Buns	Honeycomb Ice Cream	Rocky Road Slice	Belgium Waffles Ice Cream	Pineapple Upside Down Pudding with Custard