

MENU



ABINGDON SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Carrot & Coriander	Chilli & Tomato	Leek & Potato	Minestrone	Yellow Split Pea	French Onion	Spiced Parsnip
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, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup
Main Meal	Beef Chilli Wraps with Guacamole, Salsa, Sour Cream	Shepherd's Pie with a Rosti Topping	Beef Bourguignon In a Yorkshire Pudding	Honey Roasted Gammon	Battered Pollack with Tartar Sauce, Lemon Wedge	Baguette Bar	Full English Breakfast/
Main Vegetarian	Vegetarian Sausage Toad with Crispy Onions	Filled Mushroom Gratin	Middle Eastern Style Stuffed Peppers	Chickpea & Vegetable Curry Jasmine rice Chutney	Summer Risotto with Broad Beans topped with Asparagus		Quorn & Vegetable Stir Fry
Main Chef Choice	Pork Loin Steak with Sautéed Cabbage and Crispy Bacon	Roast Chicken Thighs with Curried Lentils	Cod Florentine	Hot Chicken Sub Roll with Mixed Salad	Chicken Caesar Wrap with summer Leafs		Chinese BBQ Pork Belly Slices
Potatoes or Rice	Braised Rice	Steamed New Potatoes	Mashed Potatoes	Roast Potatoes	Sautéed Potatoes	Chips	Egg Fried Rice
Vegetables	Honey Carrots Peas	Broccoli Sweetcorn	Peas	Green Beans Honey Roasted Root Vegetables	Mushy Peas Reduced Salt & Sugar Baked Beans	Fresh Mixed Salad	Stir Fried Chinese Leaf with Bok Choi
Meat Pasta Bar	Chicken, Tomato & Basil	Salmon in Cream Sauce	Sweet & Sour Pork Noodles	Beef Bolognaise	Lamb Chilli	Carbonara Pasta Bake	
Vegetarian Pasta Bar	Three Cheese	Neapolitan	Chinese Stir Fry Vegetable Noodles	Creamy Sautéed Mushrooms with Spinach	Fresh Made Pesto	Roasted Mediterranean Pasta Bake	
Cut Fruit and Yoghurt Bar	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts
Hot or Cold Dessert	Plum Crumble with Custard	Chocolate Fudge Cake with Cream	Peach Melba	Apple Streusel with Cream	Creamy Rice Pudding with Honey, Raisins	Forest Fruits Cheesecake	

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Chunky Tomato & Basil	Broccoli & Potato	Spicy Red Lentil	Tomato, Coriander & Olive	Mushroom & Tarragon	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, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup
Main Meal	Lincolnshire Sausages with a Bean Cassoulet	Jerk Lamb with Kidney Beans	Beef Lasagne with Garlic Bread	Roast Chicken, Sage & Onion Stuffing & Gravy	Battered Cod with Tartar Sauce and Lemon Wedge	Hunters Chicken	Full English Breakfast/
Main Vegetarian	Mushroom Fricassee with Lemon Cous Cous	Goats Cheese, Caramelised Red Onion & Olive Tart	Pesto Roasted Vegetable Bagel	Marinated Halloumi Skewers with Flat Bread and Salad	Vegetable Moussaka with Garlic Ciabatta	Roasted Cherry Tomato, Olive & Feta Tart	Roasted Vegetable Frittata
Main Chef Choice	Golden Roasted Chicken Thighs with a Beetroot & Orange Salad	Hoki with Pataoes Bravas	Chicken Rogan Josh with Rice, Chutney and Mint Yogurt	Pork & Prawn Jambalaya with lemon Wedge	Teriyaki Meatballs Sub Roll with Salad		Sticky Beef Stir Fry with Vegetables
Potatoes or Rice	Mashed Potatoes	Rice & Peas	Roasted New Potatoes	Roast Potatoes	Sauteed Potatoes	Mixed wedges	Fried Rice Noodles
Vegetables	Baton Carrots Sweetcorn	Stir Fried Vegetables	Courgettes Mixed Salad	Cauliflower Cheese Green Beans	Peas Baked Beans	Dry Slaw Mixed Salad	
Meat Pasta Bar	Beef Bolognaise	Creamy Mustard Chicken	Pepperoni & Tomato	Beef Stir Fry Noodles	Lamb Bolognaise		
Vegetarian Pasta Bar	Onion & Parmesan	Tomato & Basil	Fresh Made Pesto	Quorn Stir Fry Noodles	Three Cheese		
Cut Fruit and Yoghurt Bar	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts
Hot or Cold Dessert	Canadian Ginger Bread with Vanilla Sauce	Apple Peasant Pudding with Cream	Strawberry Cheesecake	Frosted Carrot Cake	Lemon Meringue	Key Lime Pie	

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Fresh Soups and a Selection of Fresh Breads	Carrot & Coriander	Lentil & Tomato	White Bean & Chive	French Onion	Mushroom	Tomato	Leek & Potato
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, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup
Main Meal	Lamb Rogout	Chicken Chasseur Thighs	Pulled Pork Sub Roll with Apple Sauce	Roast Beef with Yorkshire Puddings & Horseradish	Battered Pollock with lemon Wedges & Tartare Sauce	Luguine Bar Bolognaise Carbonara	Full English Breakfast/
Main Vegetarian	Pumpkin & Butterbean Ragu	Mushroom, Leek & Soft Cheese Quiche	Roasted Vegetables & Coriander Pesto Bake	Spicy Chickpea Samosa's with Tzatziki	Quorn, Chickpea & Spinach Tagine	Aloo Sag Madras	Brie, Leek & Broccoli Strudel
Main Chef Choice	Tuna & Sweetcorn Pasta Bake	Poached Chicken, Squash & Pumpkin Seed Risotto	Seafood Paella	Grilled Gammon Steak with Pineapple	Baked Lemon Chicken with Turmeric Potatoes		Kashmir Lamb Skewer
Potatoes or Rice	Herby Potatoes with Onions	Potatoes Braised with Sage	Roast Potatoes	Parsley Boiled New Potatoes	Roasted New Potatoes	Pilaff Rice Bombay Aloo Potatoes	Egg Fried Rice
Vegetables	Mixed Green Vegetables Sweetcorn	Peas Baton Carrots	Savoy Cabbage Cauliflower Florets	Mixed Green Vegetables Mixed Salad	Peas Baked beans	Grilled Tomato	Asian Stir Fried Vegetables
Meat Pasta Bar	Chilli Beef Bake	Carbonara	Sweet & Sour Chicken	Lamb Bolognaise	Beef Meatball		
Vegetarian Pasta Bar	Tomato & Roasted Vegetable	Tomato & Basil	Three Cheese	Hot Chilli	Pesto		
Cut Fruit and Yoghurt Bar	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts
Hot or Cold Dessert	Apple Pie & Custard	Sticky Toffee & Date Pudding with Custard	Orange Jelly Pot	Orchard Fruit Crumble & Custard	Steamed Jam Sponge & Custard		

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Butterbean	Butterbean & Spring Onion	BBQ	Cream of Vegetable	Sweet Pepper & Basil	Watercress	Chinese Vegetable	
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, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup
Main Meal	Beef Biryani with Naan Bread, Chutney & Mint Yoghurt	BBQ	Tandoori Lamb Wrap with Salad, Chutney and Mint Yoghurt	Mexican Beef Enchiladas with Sour Cream & Salsa	Breaded Pork Steak cranberry Sauce & Gravy	Chinese Sticky Chicken Thai Red Beef Curry	Selection Of Three Roast Meats
Main Vegetarian	Macaroni Cheese with Garlic Bread	Vegetable & Halloumi Skewers	Five Bean Burgers with Relish and a Roll	Vegetable & Bean Enchiladas with sour Cream & Salsa	Butternut Squash & Vegetable Risotto	Quorn Stir Fry with Vegetables & Chilli	Vegetable Shepherds Pie
Potatoes or Rice	Boiled Rice Noodles		Basmati Rice Noodles	Mexican Rice	Garlic Mashed Potatoes	Basmati Rice Noodles	Roast Potatoes
Vegetables	Bombay Aloo Potatoes Roasted Vegetables	Salad Bar	Roasted Peppers & Courgettes	Cherry Tomato Salad Mixed Leaf Mexican Bean Salad	Roasted Carrots Green Beans	Stir Fry Vegetables	Cauliflower & Broccoli Cheese Sweetcorn
Pasta Bar	Spicy Italian		Three Cheese	Aubergine & Tomato	Carbonara		
Cut Fruit and Yoghurt Bar	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts
Hot or Cold Dessert	Crème Caramel	Choc Ice	Lemon Posset	Chocolate Cornflake Cake	Flapjack	Banana Split	Continental Pudding with Cream

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Thai Vegetable	BBQ	Apple & Celeriac	Cream Of Root Vegetable	Carrot & Coriander		
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, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup
Main Meal	Beef Chilli Wraps with Guacamole, Sour Cream & Salsa	BBQ	Salmon En Croute West Indian Lamb	Beef & Potato Pie Chicken Pie	Gammon & Fried Egg	Build your own Pizza Night	Selection Of Three Roast Meats
Main Vegetarian	Quorn & Vegetable Wraps	Spicy Bean Burger	Grilled Aubergine & Tomato Layer Pesto Dressing	Cheese & Potato Pie Vegetable Pie	Vegetable Strudel		Chinese Filled Pancakes
Potatoes or Rice	Braised Rice		New Potatoes Noodles	Roast Potatoes Jasmine Rice	Chips Noodles		Roast Potatoes
Vegetables	Sugar Snap Peas Sweetcorn	Salad Bar	Baton Carrots	Honey Roast Parsnip Green Beans	Peas Carrots	Salad Bar	Braised Red Cabbage Honey Roast Vegetables
Pasta Bar	Marinated Herbs & Tomatoes	Beef Meatball	Spiced Chicken	Three Cheese	Tomato & Roasted Vegetables		
Cut Fruit and Yoghurt Bar	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts
Hot or Cold Dessert	Strawberry Gateaux	Choc Ice	Apricot & Apple Strudel	Scones with Jam & Cream	Meringue Chantilly	Ice Cream Bar	Eton Mess

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Cream of Mushroom	BBQ	French Onion	Spiced Parsnip	Sweet Potato		
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, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup	Selection of Oils, Balsamic Vinegar, Mayonnaise, Ketchup
Main Meal	Inside Out Chicken Kiev	BBQ	Lamb Rogan Josh with Naan Bread, Chutney & Mint Yoghurt	Pork Steaks with Creamy Mushroom Sauce	Chicken & Vegetable Chow Mein	Tex Mex Night	Selection Of Three Roast Meats
Main Vegetarian	Grilled Filled Mushroom with Welsh Rabbit	Quorn Sausages	Pepper & Feta Parcels	Red Lentil & Sweet Potato Dhal with Naan Bread	Vegetable Chow Mein	Quorn Vegetable & Bean Chilli	Mozzarella & Roasted Vegetable Tart
Potatoes or Rice	Dauphinoise Potatoes		Braised Rice Noodles	Mashed Potatoes	Jasmine Rice	Sautéed Diced Potatoes with Onions Rice	Roast Potatoes
Vegetables	Savoy Cabbage Lemon Courgettes	Salad Bar	Baton Carrots	Sweetcorn Baton Carrots	Stir Fry Vegetables	Mexican Beans	Peas Roasted Root Vegetables
Pasta Bar	Carbonara		Hot Chilli	Three Cheese	Hot Spicy Bacon		
Cut Fruit and Yoghurt Bar	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts
Hot or Cold Dessert	Chocolate Brownie	Choc Ice	Summer Pudding with Cream	Fresh Fruit Salad	Greek Mess	Peach Helene	Apple Pie with cream