

MENU



ABINGDON SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Red Pepper & Tomato	Carrot & Coriander	Cream of Green Pea	Spiced Parsnip	Chilli & Tomato	French Onion	Hot & Sour
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	Chicken, Dopiaza	Beef & Onion Pie with Cheese Crust	Cumberland Sausages with Onions	Italian Style Roast Chicken	Battered Hake	Spiced Pork Burgers	Full English Breakfast/
Main Vegetarian	Grilled Aubergine & Tomato Layer with Pesto Dressing	Caramelized Onion Tart with Feta & Tomato	Vegetarian Shepherd's Pie	Leek, Chive & Mushroom Frittata	Butternut Squash & Sweet Potato Lasagne	Butterbean & Vegetable Hot Pot	Olive & Sun blushed Tomato Risotto
Main Chef Choice	Glazed Pork Loin Steak	Chicken Pepper & Parsley Risotto	Spiced Lamb Kofta with Pitta Bread & Salad	Fruity Paprika Pork with Couscous	Lamb & Spinach Moussaka		Marmalade Chicken
Potatoes or Rice	Braised Rice	Herby Potatoes with Onions	Mashed Potatoes	Roast Potatoes	Roasted New Potatoes with Thyme	Sautéed Potatoes	Chilli Noodles
Vegetables	Baton Carrots Cauliflower Florets	Peas Honey Roasted Root Vegetables	Savoy Cabbage Cauliflower in a Cheesy Sauce	Mixed Five Leaf Salad Sweetcorn	Peas Reduced Salt & Sugar Baked Beans	Mixed Root Vegetables Fresh Mixed Salad	Honey & Lemon Carrots
Meat Pasta Bar	Braised Lamb Rogout	Carbonara	Tuna & Sweetcorn	Thai Beef Curry	Spicy Chicken		
Vegetarian Pasta Bar	Neapolitan	Tomato & Roasted Vegetable	Fresh Pesto	Thai Vegetable Curry	Goats Cheese & Watercress		
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	Syrup Sponge With Custard	Peach & Chocolate Crumble with Sauce	Banana & Choc Chip sponge with Vanilla Sauce	Apricot & Apple Crumble with Custard	Canadian Gingerbread with Vanilla Sauce	Cabinet Pudding with Cream	

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Fresh Soups and a Selection of Fresh Breads	Leek & Potato	Mushroom & Tarragon	Lentil & Tomato	White Bean & Chivee	Minestrone	Thai Hot & Sour	Chilli & Tomato
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	Roasted Chicken Thighs with Lemon< Garlic & Thyme	Beef Penang Curry	Chicken & Chorizo Cassoulet	Honey Roasted Gammon	Battered Cod	Reggae Reggae Chicken	Full English Breakfast/
Main Vegetarian	Spicy Vegetable Casserole	Open Tart OF BRIE, Cherry Tomato & Shallots	Sweet Potato, Cheese, Quorn & Aubergine Bake	Roasted Vegetable Bruschetta & Basil Oil	Rich Lentil Lasagne With Garlic Bread	Aubergine & Chickpea Curry	Polenta & Lentil Cakes with Roasted Onion
Main Chef Choice	Lamb, Potato & Mint Pie	Honey & Soy Glazed Pork	Tapenade Crusted Hake, Roquette & Olive Salad	Lamb Balti with Chutney	Double cooked Pork Stir Fry		Jerk Pork Belly
Potatoes or Rice	Roasted New Potatoes	Turmeric Rice	Parsley New Potatoes	Roast Potatoes	Sautéed Potatoes	Spicy Jacket Wedges	Egg Fried Rice
Vegetables	Baton Carrots Peas	Sweetcorn Hand Mixed Vegetables	Honey Roast Root Vegetables	Sauteed Leeks Sweetcorn	Peas Baked Beans	Grilled Tomato	
Meat Pasta Bar	Hot Spicy Bacon	Creamy Chicken & Leek	Lamb Bolognaise	Sweet & Sour Chicken	Beef Meatballs in Tomato		
Vegetarian Pasta Bar	Three Cheese	Roasted Aubergine & Tomato	Onion & Parmesan	Chinese Stir fry Vegetables	Fresh Made 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	Creamy Rice Pudding with Jam Sauce	Chocolate Fudge Cake with Chocolate Sauce	Peasant Pudding with Custard	Sticky Toffee Sponge with Cream	Frosted Carrot Cake	Fresh Fruit Salad	

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Fresh Soups and a Selection of Fresh Breads	Carrot & Coriander	Chunky Tomato & Basil	Butterbean & Spring Onion	Roasted Butternut Squash	Cream of Root Vegetable	Apple & Celeriac	Crème Du Barry (Cauliflower)
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	Roast Chicken with Baby Onions & Crispy Pancetta	Beef Chilli Tortilla wraps	Classic Lancashire Hot Pot	Roast Beef with Horseradish	Battered Pollock with lemon Wedges & Tartar Sauce	Thai Fish Cakes with Cucumber Salad	Full English Breakfast/
Main Vegetarian	Goats Cheese, Mushroom & Olive Tart	Butternut Squash & Spinach Lasagne	Aubergine Bake with olive Oil, Garlic & Parsley	Stuffed Peppers with Mushroom & Cheese	Leek & Cheshire Quiche	Tomato & Aubergine Layer	Roasted White Onion Tart
Main Chef Choice	Pork, Lemon Grass & Chilli Stir Fry	Lamb Moussaka	Slow Braised Chicken with Mushrooms & Tarragon	Braised Lamb Rogout	Hot Chicken Tikka Baguette		Szechwan Beef
Potatoes or Rice	Roasted Garlic & Rosemary Potatoes	Braised Rice	Boiled New Potatoes	Roast Potatoes	Sautéed Potatoes	Spicy Jacket Wedges	Noodles/ 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	Beef Bolognese	Creamy Mustard Chicken	Carbonara	Chicken Dopiazza	Lamb & Chorizo		
Vegetarian Pasta Bar	Sicilian Cauliflower	Herby Tomato & Mushroom	Fresh Made Pesto	Chick pea & Vegetable Curry	Onion & Parmesan		
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 Chip Sponge & Custard	Marble Sponge & Custard	Pineapple Upside Down Cake & Cream	Plum Eves Pudding & Custard	Creamy Rice Pudding with Raisins	Chocolate Marshmallow Pie	

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Fresh Soups and a Selection of Fresh Breads	Chilli Tomato	Celeriac	Cream of Mushroom	Irish Potato	Carrot & Coriander	Cream of Celery	Roast Pepper & Tomato
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	Jamaican Chicken Wrap	Pork Stroganoff	Chicken Chasseur	Hoi Sin Lamb & Chinese Leaf with Bean sprouts	Breaded Pork Steak with Sour Cream & Noodles	Hot Chicken Tikka Baguettes	Selection Of Three Roast Meats
Main Vegetarian	Crushed Cherry Tomato, Basil & Mozzarella Pizza	Vegetables in a Ponzu Sauce	Spinach, Herb & Ricotta Cheese Pasta Bake	Chinese Vegetable Pancakes	Vegetable Omelette with Spinach	Hot Brie & Cranberry & Watercress Baguettes	Stuffed Peppers with Couscous
Potatoes or Rice	Spicy Wedges	Braised Rice	Crushed Herb New Potatoes	Egg Fried Rice	Roasted New Potatoes with thyme	Sweet Potato Fries	Roast Potatoes
Vegetables	Medley of Root Vegetables	Cucumber & Tomato Salad	Fresh Mixed Salad	Fine Green Beans	Courgettes & Sweetcorn	Baked Beans	Cauliflower Florets Roasted Carrots
Pasta Bar	Spicy Italian	Tomato & Basil	Three Cheese	Carbonara	Aubergine & Tomato		
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	Meringue Roulade	Fresh Fruit Salad	Rice Pudding with Jam Sauce	Fruit Jelly	Vanilla Ice Cream Sundays	Fruit & Oat Crumble & Custard

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Roasted Sweet Pepper & Basil	Carrot & Coriander	Cream Of Broccoli	Chunky Tomato & Basil	French Onion	Minestrone	Chunky 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	Aromatic Red Pork Curry with Green Beans	Beef Bourguignon	Lamb, Potato & Mint Pie	Mexican Chilli Con Carne with Sour Cream & Salas	Piri Piri Chicken Thighs	Burger Bar	Selection Of Three Roast Meats
Main Vegetarian	Roasted vegetable Lasagne	Chick Pea & Vegetable Curry	Mushroom, Leek & Soft Cheese Quiche	Bean & Vegetable Burritos	Baked Ratatouille filled wraps	Vegetable Burgers	Cheese, Potato & Spring Onion Pie
Potatoes or Rice	Basmati Rice	Crushed New Potatoes	Garlic & Rosemary Potatoes	Mexican Rice	Spicy Jacket Wedges	Chips	Roast Potatoes
Vegetables	Carrots	Peas	Herby Roasted Vegetables	Tossed Summer Leaf Salad	Sautéed Leeks & Mushrooms	Spanish Mixed Salad	Cauliflower Florets Carrot & Parsnip Batons
Pasta Bar	Marinated Herbs & Tomatoes	Spiced Chicken	Beef Meatball	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	Scones with Jam & Cream	Fruit of the Forest Cheesecake	Peach Melba	Lemon Chelsea Buns	Chocolate Mousse	Profiteroles & Chocolate Sauce	Continental Bread & Butter Pudding

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Minestrone	Cream of Root Vegetable	Sweet Potato & Lentil	Cream of Mushroom	Barley Cream	French Onion	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	Pork Cassoulet	Chilli Lamb Wrap with Garlic Mayonnaise	Hunters Chicken	Beef Rogan Josh Chicken Tikka Masala	Pork Escalope with Coriander Chutney	Beef Lasagne with Garlic Bread	Selection Of Three Roast Meats
Main Vegetarian	Pasta Bake with Cherry Tomatoes & Basil	Root Vegetable, Sage & Onion Crumble with Onion Jam	Stuffed Peppers with Aubergine & Basil	Red Lentil & Sweet Potato Dhal with Naan Bread	Spring Onion, Chive & Pearl Barley Risotto	Mediterranean Quorn Wrap	Quesadilla Torte
Potatoes or Rice	Crushed Herb New Potatoes	Roasted New Potatoes	Herby Potatoes with Onions	Basmati Rice	Garlic Mashed Potato	Sauté Potatoes	Roast Potatoes
Vegetables	Fine Green Beans	Ratatouille	Baton Carrots	Sweetcorn	Roasted Sweet Potato	Bombay Potato Garlic & Coriander Chata Naan	Peas
Pasta Bar	Italian Bean & Mushroom	Carbonara	Hot Chilli	Hot Spicy Bacon	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	Belgium Waffles & Chocolate Sauce	Flapjack	Apple Streusel & Cream	Cupcakes	Chocolate Profiteroles	Ice Cream & Sauce	