

# MENU



ABINGDON SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fresh Soups and a Selection of Fresh Breads</b>	Pea & Mint	Spring Vegetable & Noodle Broth	Broccoli & Oxford Blue	Carrot & Ginger	French Onion	Chilli & Tomato	Hot & Sour
<b>Salad Bar</b>	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
<b>Selection of Dressings</b>	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
<b>Main Meal</b>	Oven Baked Pork Steaks with a Cider & Crème Fraiche	Mongolian Chicken Thighs	Toad In The Hole with Onion Gravy	Roast Beef Topside with Horseradish and Gravy	Battercrisp Pollack	Chicken Wrap with Avocado & Tomato Salsa	Full English Breakfast
<b>Main Vegetarian</b>	Halloumi, Mint & Coriander Flatbread served with Tomato, Olive, Cucumber and Yellow Pepper Salad	Roasted Vegetables in a Harissa Sauce with Cous Cous	Quorn Sausage Toad In the Hole	Cauliflower Stifado with Kale & Olives	Spinach & Egg Tart served with Mixed Leaves	Ricotta & Spinach Cannelloni with Focaccia Bread	Braised Tofu with Three Vegetables and Noodles
<b>Main Chef Choice</b>	Spicy Beef Chilli served with Potato Wedges	Chicken Pepper & Cod Fillet Florentine served with Roasted Vegetables	Baguette Bar	Light Chicken Korma Served with Basmati Rice	Pork Chop Suey with Egg Noodles		Beef Stir Fry
<b>Potatoes or Rice</b>	New Potatoes	Braised Rice	Mashed Potatoes	Roast Potatoes	Sauté Potatoes	Potato Wedges	Egg Fried Rice
<b>Vegetables</b>	Carrots Green Beans	Sweetcorn Broccoli Florets	Medley of Vegetables	Braised Red Cabbage Sliced Carrots	Peas Reduced Salt & Sugar Baked Beans	Salad Bar Choice	Vegetable Stir Fry
<b>Meat Pasta Bar</b>	Lamb Meatballs in Tomato Sauce	Beef Bolognaise	Chicken in Tomato & Basil	Pepperoni in Tomato Sauce	Creamy Tomato Chicken		
<b>Vegetarian Pasta Bar</b>	Three Cheese	Fresh Pesto	Onion & Parmesan	Creamy Garlic Mushrooms	Neapolitan		
<b>Cut Fruit and Yoghurt Bar</b>	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
<b>Hot or Cold Dessert</b>	Fruit Crumble served with Custard	Chocolate Fudge Cake served with Cream	Fruit Jelly	Summer Pudding with Cream	Lemon Tart served with Custard	Strawberry Cheesecake	

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<b>Fresh Soups and a Selection of Fresh Breads</b>	Watercress	Cream Of Mushroom	Leek & Potato	Carrot & coriander	Minestrone	Chinese	Chilli & Tomato
<b>Salad Bar</b>	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
<b>Selection of Dressings</b>	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
<b>Main Meal</b>	Roasted Chicken Thighs topped with Ratatouille	Spicy Beef Wraps Served with Salsa & Sour Cream	Lamb Lasagne with Garlic Bread	Roast Leg of Pork served with Apple Sauce	Battered Fish Tartare & Lemon Wedge	Hunters Chicken	Full English Breakfast/
<b>Main Vegetarian</b>	Summer Risotto finished with Chilli Oil	Lentil Dhal with Vegetables served with Naan Bread	Kidney Beans & Pinto Bean, Vegetable Fajitas	Lentil & Mushroom Lasagne with Garlic Bread & Salad	Stuffed Peppers with Quinoa & Vegetables	Cheese & Onion Calzone	Goats Cheese & Olive Tart
<b>Main Chef Choice</b>	Lamb Tagine with Lemon & Mint Cous Cous	Gammon Steaks Topped with Cauliflower Cheese	SALAD BAR With Protein Choice	Sweet & Sour Cod served with Vegetable Rice	Quiche Lorraine served with Mixed Salad		Jerk Chicken
<b>Potatoes or Rice</b>	Garlic Roasted New Potatoes	Turmeric Rice	Parsley New Potatoes	Roast Potatoes	Sautéed Potatoes	Jacket Wedges	Jamaican Rice
<b>Vegetables</b>	Peas	Green Beans	Mixed Leaves	Red Cabbage Sweetcorn	Peas Mushy Peas	Sweetcorn	Melange of Vegetables
<b>Meat Pasta Bar</b>	Carbonara	Chicken in Black Bean	Pork, Ham, Chorizo and Prawn Paella	Beef Bolognese	Chicken Arrabiata		
<b>Vegetarian Pasta Bar</b>	Tomato & Basil	Thai Vegetables		Three Cheese	Freshly Made Pesto		
<b>Cut Fruit and Yoghurt Bar</b>	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
<b>Hot or Cold Dessert</b>	Peasant Pudding Served with Custard	Eve's Pudding served with Custard	Arctic Roll with Melba Sauce & Peaches	Jam Sponge with Coconut served with Custard	Rice Pudding served with Honey & Raisins	Key Lime Pie	

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Lentil & Tomato	Sweet Potato & Butternut Squash	Roasted Sweet Pepper	Spinach & Potato	Bacon & Celeriac	Gazpacho	
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 Bourguignon	Baked Chicken with Pesto & Cheese	Lamb Meatball Marinara Served with Penne Pasta	Roast Chicken with Sage & Onion Stuffing	Battered Pollock with Lemon Wedges & Tartare Sauce	Pulled Pork with Apple Sauce stuffing and Flatbread	Full English Breakfast/
Main Vegetarian	Spring Vegetable Stew	Goats Cheese & Red Onion Marmalade Tart	Roasted Vegetable Frittata with Basil Dressing	Aubergine & Chickpea Curry with Rice	Vegetarian Moussaka	Melted Mozzarella Bagels	Vegetable Biryani
Main Chef Choice	Grilled Halloumi Wrapped in Smoked Bacon with Tomato Chutney and a Bap	BBQ Pork Belly Slice with Mustard Mash	BAGUETTE BAR	Hot & Spicy Baked Fish with Tabbouleh Salad	Sausages in BBQ Sauce		Beef Low Mein
Potatoes or Rice	Mashed Potatoes	Roasted New Potatoes		Roast Potatoes	Sautéed Potatoes	Spicy Jacket Wedges	Noodles/ Egg Fried Rice
Vegetables	Medley of Vegetables	Cabbage & Spinach	Peas Sweetcorn	Melange of Vegetables	Peas Baked beans	SALAD BAR	Stir Fried Vegetables
Meat Pasta Bar	Pepperoni & Tomato	Beef Bolognese	Cottage Pie	Smoked Bacon & Tomato	Beef, Broccoli, Garlic and Spring Onions		
Vegetarian Pasta Bar	Alla norma Sauce	Lentil Bolognese		Mushroom Stroganoff	Vegetable Chow Mein		
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	Ice Cream Pots	Chocolate Brownie	Fresh Fruit Salad	Lemon Meringue Pie with Cream	Chocolate Torte	

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fresh Soups and a Selection of Fresh Breads</b>	Summer Vegetable	Avocado Salmon & Cherry Tomato Bruchetta	Cucumber & Carrot	Salad Nicoise	Minestrone	Nacho's with Cheese	
<b>Salad Bar</b>	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
<b>Selection of Dressings</b>	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
<b>Main Meal</b>	Tandoori Lamb Wraps with Mint Yogurt	BBQ Night	Beef Lasagne with Garlic Bread	Spicy Chicken Thighs	Pizza Bar	Pork Saltimbocca	Selection Of Three Roast Meats
<b>Main Vegetarian</b>	Goats Cheese, Roquette & Spinach Strudel	Quorn Burger Quorn Sausage	Sun Blushed Tomato Risotto	Chickpea & Vegetable Curry with Naan Bread	Margarita Pizza	Baked Aubergine Rolls Filled with Mozzarella	Mushroom, Quorn and Tarragon Pie
<b>Potatoes or Rice</b>	Braised Rice	Salad Bar	Garlic Bread	Basmati Rice	Chips	Chunky Chips	Roast Potatoes
<b>Vegetables</b>	Saag Aloo		Peas	Stir Fried Vegetables	Mixed Salad Noodle Salad	Peas & Sweetcorn	Cauliflower & Broccoli Cabbage Glazed Carrots
<b>Pasta Bar</b>	Smoked Bacon & Tomato		Oriental Honey Glazed Chicken Salad	Lamb Meatballs in Tomato Sauce	Roasted Mediterranean Vegetable Bake		
<b>Cut Fruit and Yoghurt Bar</b>	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
<b>Hot or Cold Dessert</b>	Scone with Jam & Cream	Choc Ice	Eton Mess	Flapjack & Milk Shake	Jelly & Cream	Banana Split	Cheese & Biscuit Fruit Basket

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fresh Soups and a Selection of Fresh Breads</b>	White Onion	Nicoise Salad	Spinach & Leek	Tapas	Chunky Tomato	Mini Spring Rolls with Dips	
<b>Salad Bar</b>	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
<b>Selection of Dressings</b>	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
<b>Main Meal</b>	Pork Steaks with BBQ Sauce	BBQ Night	Beef Stir Fry in Szechuan Sauce with Noodles	Shepherd's Pie	Turkey Schnitzel with Tomato Sauce	Cod Goujons Smoked Haddock Fish Cakes Tartare Sauce & Lemon	Selection Of Three Roast Meats
<b>Main Vegetarian</b>	Sweet Potato, Quorn, Cheese & Aubergine Bake	Vegetable Kebabs	Stuffed Pancakes filled with Garlic Creamy Mushrooms	Savoury Cheese Bread & Butter Pudding	Vegetable Chilli with Taco's	Jacket Potato with Cheese, Beans and Salad	Sautéed Leek, Chive & Mushroom Frittata
<b>Potatoes or Rice</b>	New Potatoes Noodles	Jacket Wedges	Mashed Potatoes		Mexican Rice	French Fries	Roast Potatoes
<b>Vegetables</b>	Roasted Courgette & Red Pepper	Salad Bar	Stir Fried Vegetables	Chunky Medley of Vegetables	Sweetcorn	Coleslaw Mixed Salad	Broccoli & Cauliflower Mornay Sliced Carrots
<b>Pasta Bar</b>	Creamy Chicken		Lamb Bolognese	Tomato & Basil	Three Cheese		
<b>Cut Fruit and Yoghurt Bar</b>	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
<b>Hot or Cold Dessert</b>	Continental Pudding	Chocolate Éclairs	Rocky Road	Raspberry Turnover	Apple Brown Betty with Cream	Peach Melba	Cheese & Biscuits Fruit Basket

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fresh Soups and a Selection of Fresh Breads</b>	Hot & Sour	Prawn Mayo & Noodle Salad	Sweetcorn Soup	Pate with Mini Bruchetta	Mushroom	Cheese & Ham Quesadilla's	
<b>Salad Bar</b>	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
<b>Selection of Dressings</b>	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
<b>Main Meal</b>	Moroccan Chicken	BBQ Night	Crumbled Topped Cod Fillet	Beef Patitsio	Pie Night Chicken Pie Pork & Apple Pie	Battered Chicken with Sweet & Sour Sauce	Selection Of Three Roast Meats
<b>Main Vegetarian</b>	Mushroom & Mozzarella Burger with Ciabatta Roll	Spiced Falafel with Yogurt	Vegetable Spring Roll	Roasted Vegetable Lasagne	Cheese & Broccoli Quiche	Chickpea Samosa with Tazatziki and Pickled Cucumber	Spinach & Feta Gratin
<b>Potatoes or Rice</b>	Jasmine Rice Cous Cous		Sweet Potato Fries Noodles	Garlic Bread Herb Roasted New Potatoes	Basmati Rice Mashed Potatoes	Chips	Roast Potatoes
<b>Vegetables</b>	Roasted Mediterranean Vegetables	Mixed Salad Coleslaw	Peas	Sweetcorn	Stir Fried Cabbage	Peas	Green Beans Ratatouille
<b>Pasta Bar</b>	Tomato & Basil		Carbonara	Chicken Fried Rice Vegetable Fried Rice	Quorn Bolognese		
<b>Cut Fruit and Yoghurt Bar</b>	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
<b>Hot or Cold Dessert</b>	Carrot Cake with Orange & Cream Cheese Topping	Choc Ice	Banoffee Pie	Crème Caramel	Strawberry Shortbread	Chocolate Fudge Cake	Cheese & Biscuits Fruit Basket