

MENU

Weeks Commencing 4th /25th September, 30th
October, 20th November & 11th December
Service Times 12.00 until 2.00pm Full service



A BINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Chunky Tomato	Country Vegetable	Carrot & Coriander	Leek & Potato	Mushroom	Pea & Mint	
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 Rogan Josh Mint Yogurt, Mango Chutney.	Golden Chicken Thighs with Piri Piri Sauce or BBQ Sauce	Sausage Bar Lincolnshire Cumberland Sausage of the week	Roast Beef Topside with Horseradish and Gravy	<u>Build your Own</u> Hot Dog Bar	<u>Spaghetti Bar/ Baked Sweet Potato</u> Beef Bolognese Carbonara	Full English Breakfast
Main Vegetarian	Vegetable & Chick Pea Curry	Roasted Vegetable Frittata with Basil Oil & Salad	Quorn Sausage	Roasted Vegetable Lasagne with Garlic Bread	Mushroom & Goats Cheese Tart Or Quorn Dog	Ricotta & Spinach Cannelloni with Focaccia Bread	Vegetable Chow Mein
Main Chef Choice	<u>Jacket Potato Bar</u> Beef Chilli, Tuna Mayo, Baked Beans, Grated Mature Cheddar		Baguette Bar	<u>Grab & Go</u> Noodle Pots Thai Chicken Thai Vegetables	Italian Cod Loins Roasted Vegetables & New Potatoes	Selection of Baguettes	Glazed Pork Belly in Plum Sauce
Potatoes or Rice	Steamed Rice	Herb Roasted New Potatoes	Mashed Potatoes	Roast Potatoes	Potatoes Wedges	Selection of Salads	Egg Fried Rice
Vegetables	Carrots Sweetcorn	Green Beans	Medley of Vegetables	Cauliflower & Broccoli Florets Peas	Peas Reduced Salt & Sugar Baked Beans	Selection of Italian Breads Parmesan Cheese, Grated Cheddar	
Meat Pasta Bar	Chicken & Mushroom	Beef in Black Bean Sauce		Lamb Bolognese	Beef Chilli		
Vegetarian Pasta Bar	Tomato & Basil	Stir Fried Vegetables in Plum Sauce	Roasted Vegetable Pasta Bake	Three Cheese	Fresh Pesto Sauce		
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 & Peach Crumble served with Custard	Chocolate Fudge Cake served with Chocolate Sauce	Fruit Jelly	Rice Pudding with Jam Sauce	Banana Choc Chip Cake with Custard	Blackcurrant Cheesecake	 QUALITY OF LIFE SERVICES

MENU

Weeks commencing 11th September, 2nd October,
6th / 27th November,
Service Times 12.00 until 2.00pm Full service



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Sweet Potato & Spring Onion	Cream Of Tomato	Hot & Sour	Curried Vegetables	Minestrone	Chicken & Noodle	
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	Creamy Beef Stroganoff	Hot Pulled Baps Apple Sauce Stuffing Crumble	Coq Au Vin	Roasted Pork Loin Char Siu with Five Spice Gravy	Battered Cod Tartar Sauce & Lemon Wedge	Pie Day Lamb & Mint Turkey & Ham	Full English Breakfast
Main Vegetarian	Thai Vegetable Curry with Jasmine Rice	Goats Cheese & Spinach Strudel with Salad	Chilli Bean Cakes with Pineapple Chutney	Macaroni Cheese with Garlic Bread	Stuffed Flat Mushroom	Curried Vegetable Pie	Sweet & Sour Vegetables
Main Chef Choice	<u>Grab & Go</u> <u>Fried Rice Pots</u> Chicken Vegetable		<u>Baguette Bar</u>		<u>Jacket Potato Bar</u> Selection of Fillings	Selection of Baguettes	Beef in Oyster Sauce
Potatoes or Rice	Sautéed Potatoes	Braised Rice	Mashed Potatoes	Singapore Noodles	Sautéed Potatoes	Mashed Potatoes	Egg Fried Rice
Vegetables	Sweetcorn Carrots	Peas	Medley of Vegetable	Chinese Vegetable	Peas Reduced Salt & Sugar Baked Beans	Melange of Vegetables	Stir Fried Vegetables
Meat Pasta Bar	Lamb Meatballs in Tomato Sauce	Beef Bolognese	Carbonara	Lamb Bolognese	Beef Chilli		
Vegetarian Pasta Bar	Three Cheese	Roasted Vegetable	Tomato & Basil	Freshly Made Pesto	Sautéed Onions & Parmesan	Roasted Vegetable Lasagne	
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 Peasant Pudding served with Custard	Canadian Gingerbread with vanilla sauce	Ice Cream	Sticky Toffee Pudding with Custard	Baked Syrup Sponge with Custard	Continental Pudding with Cream	 QUALITY OF LIFE SERVICES

MENU

Weeks commencing 18th September, 9th October,
13th November & 4th December
Service Times 12.00 until 2.00pm Full service



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Vegetable	French Onion	Cream of Mushroom	Mexican Bean	Sweetcorn	Cream of 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	Inside Out Chicken Kiev	Pork & Sweet Potato Curry	Beef Lasagne with Garlic Bread	Roasted Gammon with Pineapple	Build Your Own Chicken Salad Caesar or Tandoori	Beef Stir Fry Prawn Stir Fry	Full English Breakfast/
Main Vegetarian	Mushroom & Tarragon Risotto with Roquette Dressing	Baked Aubergine with Mozzarella Bake	Roasted Vegetable Lasagne with Garlic Bread	Mushroom Stroganoff with Braised Rice	Falafels with Salad & Pitta Bread	Quorn & Vegetable Stir Fry	Roasted Vegetable Bruschette
Main Chef Choice		Grab & Go Noodle Pots Chicken & Vegetable Vegetable Stir Fry	Baguette Bar		Baked Cod with Roasted Cherry Tomatoes and New Potatoes	Selection of Filled Baguettes	Hunters Chicken
Potatoes or Rice	Herb Roasted New Potatoes	Rice & Peas	New Potatoes	Roast Potatoes	New Potatoes	Noodles	Sautee Potatoes
Vegetables	Green Beans	Roasted Courgette & Spinach	Sweetcorn & Roasted Peppers	Carrots Braised Red Cabbage	Mixed Leaf Warm Croutons	Chinese Vegetables	Medley of Green Vegetables
Meat Pasta Bar	Pepperoni & Tomato	Beef Bolognaise		Chicken in Black Bean	Beef Chilli		
Vegetarian Pasta Bar	Goats Cheese & Watercress	Fresh Pesto		Vegetable Stir Fry	Tomato & Basil	Baked Beans & Cheese topped Jacket Potatoes	
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	Jam Sponge & Custard	Bread & Butter Pudding with Custard	Vanilla Panna Cotta	Apricot & Chocolate Crumble with Custard	Eve's Pudding with Custard	Glazed Lemon Tart	

MENU

Weeks Commencing 4th /25th September, 30th October, 20th November
11th December



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	chowder	Mushroom & Tarragon	Spiced Parsnip	Tomato	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, 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	Braised Beef & Potato Pie	Cod Loin in Parsley Butter with Capers & Lemon Wedge	Tandoori Lamb Wraps with Mint Yogurt	Pulled Pork Baps with Apple Sauce & Stuffing	Chicken Stir Fry in Plum Sauce	Build Your Own Burger Bar	Selection Of Three Roast Meats
Main Vegetarian	Button Mushroom, Quorn & Tarragon Pie	Goats Cheese & Spinach Strudel	Halloumi & Vegetable Kebabs with Wrap	Roasted Butternut Squash & Feta Bake	Roasted Vegetable Cajun Bake	Vegetable & Bean Burgers	Roasted Vegetable Tart
Potatoes or Rice	Mashed Potatoes Noodles	Dauphinoise Potatoes Jasmine Rice	Basmati Rice	Herb Parmentier Potatoes	Egg Noodles Jasmine Rice	Chunky Chips	Roast Potatoes
Vegetables	Red Cabbage Green Beans	Medley of Vegetables	Diced Tomato & Mint	Coleslaw Chilli Slaw Mixed Salad	Stir Fry Vegetables	Onion Rings Mixed Leaves Sliced Tomatoes	Broccoli Florets Glazed Carrots
Pasta Bar	Three Cheese	Tomato & Basil	Saut�ed Mushrooms	Arrabbiata	Roasted Aubergine		
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	Iced Buns	Fresh Fruit Salads	Lemon Love Cake	Fresh Cream Apple Puffs	Chocolate Doughnuts	Chefs Choice	Cheese & Biscuits Fruit Basket

MENU

Week Commencing 11th September, 2nd October,
6th / 27th November,



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Roasted Vegetable	Pea & Ham	Leek & Potato	Tomato	Watercress		
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, Sage & Apple Plait	Cod Loin in a Sweet & Sour Sauce	Kashmir Lamb Kebabs with Naan Bread & Mint Yoghurt	Beef Bourguignon	Chicken Fajitas, Guacamole, Sour Cream	Oriental Night	Selection Of Three Roast Meats
Main Vegetarian	Leek, chive & Mushroom Frittata	Stuffed Peppers with Mixed Vegetables & Rice	Five Bean Burgers with Salad	Gnocchi with Pesto & Cheese Sauce	Quorn & Vegetable Fajitas	Oriental Night	Stuffed Mushrooms
Potatoes or Rice	Mashed Potatoes Basmati Rice	Parmentier Potatoes Jasmine Rice	Braised Rice Noodles	Mashed Potatoes	Sweet Potato Wedges		Roast Potatoes
Vegetables	Carrots Green Beans	Roasted Vegetables	Sweetcorn	Medley of Vegetables	Hot Mixed Bean Salad		Cauliflower Mornay Mixed Root Vegetables
Pasta Bar	Creamy Chicken	Lamb Bolognese	Chunky Tomato & Herb	Carbonara	Three Cheese	Macaroni Cheese with Garlic Bread	
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 Profiteroles with Chocolate Sauce	Crème Caramel	Fruits of the Forest Strusel	Fresh Fruit Salad	Brownie Rocky Road	Chef's Choice	Cheese & Biscuits Fruit Basket

MENU

Weeks commencing 18th September, 9th October, 13th November
4th December



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Tomato & Basil	Carrot & Orange	Three Bean	Leek & Potato	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	Pork & Herb Sausages with Red Onion Gravy	Texas Style Beef Chilli	Vietnamese Pork Stir Fry	Honey & Lemon Chicken Thighs	Pizza Night	House Night to be Picked by House	Selection Of Three Roast Meats
Main Vegetarian	Wild Mushroom Risotto	Chunky Vegetable Chilli	Vegetable Stir Fry in Plum Sauce	Pesto Vegetables in Pitta Bread	Margharetta Pizza		Butternut Squash & Tarragon Risotto
Potatoes or Rice	Crushed New Potatoes Jasmine Rice	Braised Rice Egg Noodles	Sweet Potato Fries Noodles	Roasted New Potato Noodles	Potato Wedges		Roast Potatoes
Vegetables	Sweetcorn Carrots	Peas	Pickled Carrot & Mouli	Sweetcorn Carrots & Parsnips	Mixed Salad Bar		Medley Of Vegetables
Pasta Bar	Carbonara Pasta Bake	Tomato & Basil	Sautéed Onions & Parmesan	Beef Bolognaise	Roasted Vegetable 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	Chocolate Chip Shortbread	Fresh Fruit Salad	Apple Brown Betty with Custard	Mandarin Trifle	Banana Custard	Chef's Choice	Cheese & Biscuits Fruit Basket