

MENU

Weeks commencing 23RD April , 14th May, 11th June, 2nd July
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	Tomato & Basil	Sweet Potato & Red Pepper	Minestrone	Potato & Watercress	Carrot & Pearl Barley		
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	Slow Cooked Mexican Spiced Beef with Beans	Hunters Chicken	Roast Turkey Sage & Onion Stuffing	Chicken, Sweet Potato & Kale Curry	<u>Build Your Own</u> Hot dogs Relish, onions & Gherkins, Grated Cheese	<u>Tagliatelle Bar</u> Lamb Meatballs Beef Bolognaise Carbonara	Full English Breakfast
Main Vegetarian	Gnoolchi Prima Verdi With Parmesan Cheese	Summer Vegetable Baked Gratan	Sundried Tomato's, Basil & Sweetcorn Risotto	Stuffed Flat Mushrooms	Quom Dogs Or Spring Onion & Chive Risotto	Chunky Tomato & Basil	Thai Spiced Turkey Pho Pak
Main Chef Choice		<u>Ciabatta Bar</u> Selection of fillings	<u>Grab & GO Pots</u> Seafood Paella	<u>Jacket Potato Bar</u> Selection of fillings	Oven Baked Cod with Chorizo & Potatoes	Selection of Baguettes	Stir Fried Vegetables with Quom
Potatoes or Rice	Hawaiian Rice Rice	Roasted Garlic New Potatoes	Roast Potatoes	Rice & Peas	Potatoes Wedges	Garlic bread	
Vegetables	Green Beans	Sweetcorn Spring Greens	Cauliflower Florets Sliced Carrots	Roasted Courgette	Peas Reduced Salt & Sugar Baked Beans	Sweetcorn Mixed Salad	
Meat Pasta Bar	Lamb Bolognaise	Pepperoni & Tomato	Beef Chilli	<u>Noodle Bar</u> Beef stir Fry	Creamy Garlic Chicken		
Vegetarian Pasta Bar	Three Cheese	Fresh Pesto	Tomato & Basil	Vegetable Stir fry	Roasted Vegetable in Tomato	Tomato & Basil	
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	Mixed Fruit Oaty Crumble with Custard	Chocolate Fudge Cake	Mixed Fruit Jelly	Eton Mess	Rice Pudding with Dried Fruit	Key Lime Pie	 QUALITY OF LIFE SERVICES

MENU

Weeks commencing 30th April, 21 May, 18th June, 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	Chilli & Tomato	Cream Of Mushroom	Curried Summer Vegetable	Chunky Tomato	Celery & Apple	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	
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	Malaysian Lamb Curry Mango Chutney Mint Yogurt	Beef Lasagne with Garlic Bread	Roast Beef With Horseradish Sauce	Hot Salad Day Ginger & Mango Chicken	Catch of the Day Lemon Wedge Tartar sauce	Spiced Beef Taco's Shredded Lettuce, Salsa, Grated Cheese, Sour Cream	Full English Breakfast/
Main Vegetarian	Sweet & Sour Quorn	Brian Greek Potato & Courgette Bake with Feta Cheese	Warm Grilled Aubergine & Tomato Salad	Balsamic Roasted Vegetables & Feta in Pitta Bread	Bean Burgers Or Ratatouille & Chickpea Tagine	Herb Halloumi Flat Bread With Salad	Tomato & Feta Tart
Main Chef Choice	Cod Loin with Crispy Bacon, Sautéed Potatoes & Lemon Butter	Baguette Bar	Vietnamese Style Pork With Rice		Grab & Go Pots Chicken Fried Rice Vegetable Fried Rice	Selection of Filled Baguettes	Chicken Breast Wrapped In Parma Ham
Potatoes or Rice	Braised Rice		Roast Potatoes		Sauté Potatoes	Braised Rice	Sauté Garlic Potatoes
Vegetables	Peas & Sweetcorn	Green Beans	Sweetcorn & Roasted Peppers	Mixed Salad Salad Selection	Peas Baked Beans		
Meat Pasta Bar	Savoury Beef		Lamb Rogout	Noodle Bar Hoi Sin Chicken	Carbonara		
Vegetarian Pasta Bar	Fresh Pesto	Chunky Tomato & Herb	Cheese Sauce	Spicy Mushroom	Quorn Tomato & Basil	Oak Smoked Bacon 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 & Cinnamon Crumble With Custard	Ice Cream Pots	Lemon Topped Sponge	Plum Peasant Pudding with Custard	Fruit Salad	Cherry Cheesecake	

MENU

Weeks Commencing 7th May, 4th, 25th June
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	Carrot & Coriander	Com Chowder	Leek & Potato	Cream of Tomato	Chilli, Coriander & Noodle Broth		
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	Thai Chicken Thighs	Summer Beef Stew	Honey Roast Gammon	<u>Hot Baguette Bar</u> Lamb Meatball Marinara	<u>Build Your Own</u> Beef Burgers With The works	Hawaiian Chicken	Full English Breakfast
Main Vegetarian	Gnouchi with Sautéed Mushroom & Blue Cheese	Wild Mushroom Risotto	Italian Bean Tagin With Lemon Cous Cous	Sweet Potato & Bean Curry	Roasted Balsamic Vegetable Tart	Roasted Aubergine, potato & Mushroom Frittata	Sweet & Sour Vegetable Pots
Main Chef Choice	Pork Stroganoff Rice	Hand Made Fish Cakes with Cabbage Salad	Hot Olive, Garlic & Lemon Chicken Salad	Beef Keema Curry Mango Chutney Mint Yogurt Onion & Coriander	<u>Jacket Potato Bar</u> Selection of Fillings		<u>Sweet & Sour Pork Pots</u>
Potatoes or Rice	Roasted Herb Potatoes	Steamed New Potatoes	Roast Potatoes	Braised Rice	Chips	Spiced Potato Wedges	
Vegetables	Sweetcom Peas	Spring Greens Carrots	Broccoli Florets Cauliflower Florets	Roasted Vegetables	Peas Reduced Salt & Sugar Baked Beans	Mixed Salad Salad Selection	
Meat Pasta Bar	Beef Bolognaise	Chicken with Tomato & Basil	Lamb Chilli	Carbonara	Chicken, Tomato & Herb Sauce		
Vegetarian Pasta Bar	Italian Tomato	Parmesan & Onion	Roasted Vegetables Tomato sauce	Tomato & Herb	Tomato & Basil		
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	Toffee Apple Sponge with Custard	Mixed Fruit Crumble With Cream	Rice Pudding with Jam Sauce	Chocolate Brownie	Carrot Cake topped with orange & Cream Cheese	Pear & Chocolate Crumble	 QUALITY OF LIFE SERVICES

MENU

Weeks commencing 23RD April , 14th May, 11th June, 2nd July



A BINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Vegetable	Tomato	Carrot & Ginger	Winter Vegetable & Lentil	Creamy Butternut Squash with Chilli		
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 Keiv	Cumberland Sausages with Onion Gravy, Yorkshire pudding	Beef Lasagne with Garlic Bread	Pulled Jerk Lamb With Spiced Coleslaw	Chicken & Summer Vegetable Risotto with Basil Oil	Beef & Vegetable Stir Fry	Dry Roasted Thai Chicken Breast with Sweet Potato
Main Vegetarian	Sundried Tomato, Chive & Basil Risotto	Vegetable Sausages	Roasted Mediterranean Vegetable Lasagne with Garlic Bread	Black Bean & Vegetable Noodles	Sauté Garlic Mushrooms & Parmesan Risotto		Stuffed Peppers with Quinoa , Aubergine & Basil
Potatoes or Rice	Chips	Mashed Potatoes	Sautéed Potatoes	Basmati Rice	Sweet Potato Wedges	Noodles Fried Rice	Coconut Jasmine Rice Rice Noodles
Vegetables	Carrots Green Beans	Broccoli Cauliflower	Panache of Vegetables	Stir Fried Vegetables	Sweetcorn & Peas Roasted Peppers	Fried Bok Choi & Bean sprouts	Spring Greens Glazed Carrot
Pasta Bar	Noodle Bar Pork Stir Fry	Carbonara Pasta Bake	Sweet & Sour Chicken	Spicy Cajun Vegetable Sauce	Bolognaise		
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	Peach Melba Ice Cream	Chocolate Eclairs	Pear & Chocolate Crumble with Custard	Chocolate Topped Flapjack	Chocolate Brownie	Chocolate Fudge Cake	Fruit Salad

MENU

Weeks commencing 30th April, 21 May, 18th June,



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Roasted Red Pepper & Tomato	Tuscan White Bean	Chickpea & Bean	Cream Of Mushroom	Tomato & Spinach	Dim Sum	
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	Citrus Chicken Thighs with Pineapple Salsa	Five Spiced Pork Loin	Rich Seafood Pie Topped With Grated Potato	Beef Rogan Josh Naan Bread Mango Chutney Mint Yogurt	Pork Burgers with Carrot & Apple Salad	Crispy Diced Chicken With Sweet & Sour Sauce	Roast Dinner Night Selection Of Meats
Main Vegetarian	Teriyaki Tofu with Stir Fry Vegetables	Asparagus & Pea Risotto	Tomato, Spinach & Potato Frittata	Chunky Vegetable Dhansak	Macaroni Cheese with Garlic Bread	Large Pancake Roll with Curry Sauce	Chunky Tomato & Basil Pasta Bake
Potatoes or Rice	Roasted New Potatoes Jasmine Rice	Sautéed Potatoes Egg Noodles	Buttered New Potatoes	Basmati Rice Noodles	Chips	Fried Rice Noodles	Roast Potatoes
Vegetables	Sweetcorn Mixed Salad	Carrots Green Beans	Courgette & Peppers	Sweetcorn & peas	Mixed Salad Warm Bean Salad	Stir Fried Chunky Onions, Peppers & Bean sprouts	Broccoli Carrots
Pasta Bar	Cheese Sauce	Cajun Bacon	Tomato & Basil	Lamb Meatballs	Spicy Chicken	Tomato & Basil	
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	Cold Carrot Cake Topped with Orange & Cream Cheese	Raspberry Tumovers	Choc Ice	Eve's Pudding	Chocolate Brownie	Warm Jam Doughnuts	Continental Pudding Fruit Salad

MENU

Weeks Commencing 7th May, 4th, 25th June



A BINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Mushroom & Tarragon	Hot & Sour	Roasted Sweet Potato & Carrot	Leek Potato & Onion	Tomato & 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	Mediterranean Beef	Hoi Sin Lamb With Chinese Leaf & Bean Sprouts	Caribbean Baked Cod Pineapple & Coriander Salsa	Piri Piri Chicken Thighs with Mango Salsa & Rice	Moroccan Lamb with Pitta Bread, Hummus & Salad	Hot Dogs Beef Burgers Fried Onions	Char Sui Pork Loin
Main Vegetarian	Aubergine, Tomato, Courgette & Mozzarella Stack	Harissa Vegetables with Cus Cus	Cheesy Pasta Bake with Garlic Bread	Jerk Sweet Potato Curry with Rice	Vegetable Tagine	Chickpea & Coriander Burgers Carrot Salad	Summer Squash & Peas Risotto with Basil Oil
Potatoes or Rice	Roast New Potatoes Basmati Rice	Braised Rice Egg Noodles	Sautéed Potatoes Jasmine Rice	Roast New Potatoes Noodles	Herb Cous Cous	Chips	Egg Noodles
Vegetables	Peas Courgettes	Stir Fried Vegetables	Medley of Vegetables	Sautéed Bok Choi, Carrots Sweetcorn	Sugar Snap Peas Spring Greens	Grilled Tomatoes Sautéed Mushrooms	Stir Fried Bok Choi & Chinese Leaf
Pasta Bar	Chicken, Tomato pasta Bake	Sautéed Onions & Parmesan	Tomato & Basil	Smokey Bacon	Pepperoni & 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	Yogurt Bar	Bread & Butter Pudding with Cream	Rocky Road	Crème Caramel	Bonaffee Pie	Profiteroles with Chocolate Sauce	Continental Pudding Fruit Salad