

MENU

Weeks Commencing 8th, 29th January, 26th
February, 19th March
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	Pea & Mint	Cream of Mushroom	Curried Root Vegetable	French Onion	Leek & Potato	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	Tex Mex Chilli with Guacamole, Salsa, Sour Cream.	Hunter Chicken	Beef Lasagne With Garlic Bread	Golden Roasted Chicken Leg with Sage & Onion Stuffing	<u>Build your Own</u> Beef Burgers	Spicy Pork Chop with Mango	Full English Breakfast
Main Vegetarian	Chunky Vegetable & Bean Casoulet	Wild Mushroom Risotto	Vegetable Moussaka	Harissa Roasted Vegetables with Cous Cous & Flat Bread	Vegetable Biryani Naan Strips & Mango Chutney	Sweet & Sour Quom Balls	
Main Chef Choice		Thai Fish Cakes with Cucumber Salad	Baguette Bar	<u>Grab & Go</u> Rice Pots Beef & Vegetable Vegetables	Cod Loin Monte Carlo with Steamed Broccoli	Bolognese Pasta Bake with Garlic Bread	<u>Noodle Pots</u> Chicken Broth Vegetable Stir Fry
Potatoes or Rice	Steamed Rice	Sautéed Potatoes	New Potatoes	Roast Potatoes	Potatoes Wedges	Fried Rice	
Vegetables	Sweetcorn & Peas	Green Beans	Courgette & Spinach	Sliced Carrots Green Beans	Peas Reduced Salt & Sugar Baked Beans	Stir Fried Chinese Vegetables	
Meat Pasta Bar	Carbonara	Lamb Ragout		Pepperoni & Tomato	Chicken, Tomato & Herb Sauce		
Vegetarian Pasta Bar	Tomato & Basil	Three Cheese		Fresh Pesto Pasta	Creamy Mushroom		
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 & Pear Crumble served with Custard	Bread & Butter Pudding with Custard	Fruit Jelly	Rice Pudding with Jam Sauce	Lemon Sponge With a Lemon Topping	Cheesecake	

MENU

Weeks commencing 15th January, 5th February,
5th & 26th March
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	Sweetcorn Chowder	Spring Vegetable & Noodle Broth	Minestrone	Carrot, Chilli & Coriander	Lentil & Tomato	Thai Coconut Pumpkin	
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 & Potato Curry	Golden Chicken Thighs with Cajun Sauce BBQ SAUCE	Spaghetti Bar Beef Bolognese Carbonara Garlic Bread	Roasted Pork Loin With Apple Sauce and Crumble Stuffing	Battered Cod Tartar Sauce & Lemon Wedge	Braised Beef & Vegetable Pie	Full English Breakfast
Main Vegetarian	Ratatouille & Mozzarella Crumble	Stuffed Vine Leaves in a Tomato & Basil Sauce	Tomato & Basil	Macaroni Cheese with Garlic Bread	Spinach & Cream Cheese Filo Pie With Greek Salad	Vegetable Shepherd's Pie	Macaroni Cheese with Garlic Bread
Main Chef Choice	Jacket Potato Bar Selection of Fillings	Blackened Fish with Creole Rice	Hot Ciabatta Bar Ham & Cheese Tuna & Sweetcorn Melt Mozzarella & Tomato	Grab & Go Fried Rice Pots Chicken Vegetable		Selection of Baguettes	Smoked Bacon Macaroni Cheese with Garlic Bread
Potatoes or Rice	Braised Rice	Roasted Garlic New Potatoes	Nacho's	Roast Potatoes	Sautéed Potatoes	Mashed Potatoes	
Vegetables	Stir Fried Vegetables	Sweetcorn & Peppers	Mixed Salad	Medley of Vegetables	Peas Reduced Salt & Sugar Baked Beans	Carrots Cabbage	
Meat Pasta Bar	Spicy Sausage	Lamb Meatballs in Tomato Sauce		Lamb Chilli	Noodle Bar Sweet Chilli Chicken		
Vegetarian Pasta Bar	Tomato & Basil	Goat's Cheese & Watercress		Cheese & Onion	Tofu & Vegetable	Roasted Pepper, Mushroom & Leek 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	Chocolate Sponge with Chocolate Sauce	Plum Peasant Pudding with Custard	Selection of Ice Cream Roll	Jam Tart & Custard	Sticky Toffee Pudding with Custard	Salted Caramel Roulade	

MENU

Weeks commencing 22nd January, 19th
February, 12th March.
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	Leek & Butternut Squash	Tomato & Basil	Cauliflower Cheese & Broccoli	Scotch Broth	Chick Pea, Chilli & Coriander	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	Beef Stroganoff	Cumberland Sausages with Red Onion Gravy	Lamb Meatballs in a rich Tomato & Basil Sauce	Roast Beef Topside Yorkshire Pudding Horseradish Sauce	<u>Build Your Own Wraps</u> Chicken or Lamb	Beef Rogan Josh	Full English Breakfast/
Main Vegetarian	Sweet Potato & Vegetable Curry	Quorn Sausages	Roasted Vegetable Lasagne with Garlic Bread	Veggie Haggis Stuffed Mushrooms	Bean Goulash with Gnocchi	Roasted Vegetable Lasagne with Garlic Bread	
Main Chef Choice	Seafood Crumble Steamed Broccoli New Potatoes	<u>Grab & Go Noodle Pots</u> Chicken & Vegetable Vegetable Stir Fry	<u>Ciabatta Bar</u>		Baked Cod Mornay With Roasted Vegetables	Selection of Filled Baguettes	<u>Grab & Go Pots</u> Paella
Potatoes or Rice	Braised Rice	Mashed Potatoes	Pasta	Roast Potatoes	Parmentier Potatoes	Braised Rice	
Vegetables	Green Beans	Sliced Carrots Savoy Cabbage	Sweetcorn & Roasted Peppers	Carrots Braised Red Cabbage	Peas Sweetcorn	Naan Bread Mango Chutney Mint Youghurt	
Meat Pasta Bar	Minced Lamb Ragout	Savoury Beef		Chorizo & Olive in Tomato	Carbonara		
Vegetarian Pasta Bar	Fresh Pesto	Cheese Sauce	Roasted Vegetable Gluten Free Pasta Bake	Parmesan & Sautéed Onion	Chunky Tomato & Basil	Vegetable 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	Baked Syrup Sponge With Custard	Rice Pudding with Honey & Dried Fruit	Vanilla Panna Cotta	Gingerbread with Vanilla Sauce	Apple & Raspberry Crumble	Chocolate Fudge Cake	

MENU

Weeks Commencing 8th, 29th January, 26th February, 19th March



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	Lincolnshire Sausages with Onion Gravy	Beef in Oyster Sauce	Cod Momay	Pork Stroganoff	Chicken & Vegetables Burritos Topped with Cheese	Italian Night 13 th Greek Night 3 rd Feb	Braised Beef with Root Vegetables
Main Vegetarian	Gnoochi & Tomato Bake	Vegetable Tagine with Lentils	Mexican Mixed Bean Enchiladas	Vegetable Chow Main	Falafels with Tomato Salsa Pitta Bread		Creamy Pesto Pasta Bake
Potatoes or Rice	Mashed Potatoes Noodles	Egg Noodles Jasmine Rice	Sautéed Potatoes	Tagliatelle	Sweet Potato Wedges		Roast Potatoes Rice Noodles
Vegetables	Medley of Vegetables	Stir Fried Green Vegetables	Steamed Broccoli	Roasted Courgette & Spinach	Sweetcorn & Peppers		Cabbage Glazed Carrot & Parsnips
Pasta Bar	Bolognaise	Pepperoni, Tomato & Basil	Carbonara	<u>Jacket Pot Bar</u>	Lamb Meatballs in 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	Iced Buns	Fresh Fruit Salads	Apple Crumble with Custard	Afternoon Teas Treats	Chocolate Brownie	Banana Split	Continental Pudding Fruit Salad

MENU

Weeks commencing 15th January, 5th February, 5th & 26th March



A BINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Roasted Red Pepper & Tomato	Cream of Mushroom	Tuscan White Bean Soup	Cucumber, Pea & Lettuce	Moroccan Chick Pea	Seafood Bar Steamed Mussels & Crusty Bread	
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	Ham & Cheese Pizza Pepperoni Pizza	Mexican Spiced Lamb Taco's	Curried Chicken & Ham Pie	Beef Teriyaki	Hot Dogs Build your own	Salt & Pepper Squid with Lemon & Mixed Leaves Goujons of Fish	Hunters Chicken Supreme
Main Vegetarian	Cheese & Tomato Pizza	Mexican Vegetable Hash	Quom Balls in Tomato & Courgette	Ricotta, Tomato, Spinach & Potato Frittata	Quom Dogs Build your own	Spicy Vegetable Bruschetta on Naan Bread	Chunky Tomato & Pasta Bake
Potatoes or Rice	Jacket Wedges Basmati Rice	Braised Rice Egg Noodles	Buttered New Potatoes	Jasmine Rice Rice Noodles	Cheese Nacho's	Chips	Roast Potatoes Jasmine Rice
Vegetables	Sweetcorn Mixed Salad	Roasted Dry Ratatouille	Sliced Carrots Peas	Sauted Bok Choi, Chinese Leave	Coleslaw Mixed Salad	Peas	Broccoli Florets Carrots
Pasta Bar	Fried Rice	Tomato & Basil	Carbonara	Chunky Tomato & Herb	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	Warm Jam Doughnut	Apple & Raspberry Turnovers	Chocolate Chip Muffins	Fresh Fruit Salad	Fruit Crumble with Custard	Ice Cream Sunday's	Continental Pudding Fruit Salad

MENU

Weeks commencing 22nd January, 19th February, 12th March



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Roasted Sweet Potato & Carrot	Tom Yum Soup	Mushroom & Tarragon	Leek & Potato	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	In Side Out Cod Loin Kiev	Thai Red Beef Curry	Golden Roasted Chicken Thighs BBQ Sauce Sweet Chilli Sauce	Haggis Clapshot Whisky Sauce	Gammon with Egg or Pineapple	House Night to be Picked by House	Char Sui Pork Loin
Main Vegetarian	Aubergine, Potato & Goats Cheese Gratin	Root Vegetable & Lentil Casserole	Vegetable Stir Fry in Plum Sauce	Cheesy Pasta Bake with Garlic Bread	Chickpea & Coriander Burgers		Butternut Squash & Tarragon Risotto
Potatoes or Rice	Roasted New Potatoes Jasmine Rice	Braised Rice Egg Noodles	Sautéed Potatoes Jasmine Rice	Roasted New Potato Noodles	Chips		Roast Potatoes
Vegetables	Cauliflower Cheese Peas	Stir Fried Vegetables	Medley of Vegetables	Sweetcom Carrots & Parsnips	Grilled Tomatoes Sautéed Mushrooms Sugar Snap Peas		Stir Fried Vegetables
Pasta Bar	Pepperoni	Tomato & Basil	Sautéed Onions & Parmesan	Beef Lasagne with Garlic Bread	Chicken & Tomato 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	Forest Fruit Crumble with Custard	Fresh Fruit Salad	Yogurt Bar	Cheese cake	Banana Custard	Chef's Choice	Continental Pudding Fruit Salad