

# MENU

LUNCH WEEK ONE: Week commencing 3<sup>rd</sup> Sept, 24<sup>th</sup> Sept 2018



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fresh Soups and a Selection of Fresh Breads</b>	Tomato and Basil	Sweet potato and Red Pepper	Minestrone	Potato and Watercress	Carrot and Pearl Barley		Brunch
<b>Salad Bar and Dressings</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	
<b>Main Meal</b>	Caribbean Slow cooked Beef with peppers	Lamb lasagne with Garlic Bread	Chicken & sweet potato curry	Roast Turkey, Sage and Onion Stuffing	<u>Build your own</u> Hot dogs, relish, onions, gherkins, cheese	<u>Tagliatelle Bar</u> Lamb Meatballs Beef Bolognese Carbonara	Full English Breakfast Continental Thai Spiced Turkey Pho
<b>Main Vegetarian</b> <b>Vegan dishes available daily</b>	Gnocci Prima Verdi with Parmesan Cheese	Seasonal Vegetable Gratin	Stuffed Flat Mushrooms	Sundried Tomato, Basil Risotto		Chunky Tomato and Basil	Stir fry vegetables with Quorn
<b>Potatoes or Rice</b>	Rice and Peas  Selection of Baked Potatoes	Roasted garlic New Potatoes  Selection of Baked Potatoes	Braised Rice  Selection of Baked Potatoes	Roast Potatoes  Selection of Baked Potatoes	Potato wedges  Selection of Baked Potatoes	Garlic Bread	
<b>Vegetables</b>	Green Beans	Sweetcorn and Peas	Roasted Vegetables	Cauliflower Carrots	Peas Reduced salt Baked Beans	Sweetcorn Mixed Salad	
<b>Grab and Go</b>	<u>Pasta Bar</u> Carbonara Tomato and Basil (V)	<u>Ciabatta Bar</u> Selection fillings	<u>Pasta Bar</u> Lamb Chilli Three Cheese(V)	<u>Noodle Pots</u> Beef Stir Fry Vegetable Stir Fry(V)	<u>Pasta Bar</u> Creamy Tomato Chicken Vegetable Cajun(V)	Selection of Baguettes	
<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>	Mixed Fruity Oaty Crumble with Custard or Fruit Jelly (V)	Chocolate Fudge Cake with cream Or Fruit Jelly (V)	Mixed Fruit Jelly (V)	Rice Pudding Or Fruit Jelly (V)	Jam Sponge Or Fruit Jelly (V)	Key Lime Pie	

# MENU

LUNCH WEEK TWO: Week commencing 10<sup>th</sup> Sept, 1<sup>st</sup> Oct 2018



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fresh Soups and a Selection of Fresh Breads</b>	Tomato and chilli	Cream of Mushroom	Spiced Vegetable	Chunky Tomato	Celery and Apple	Vegetable	
<b>Salad Bar and Dressings</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	
<b>Main Meal</b>	Hunters Chicken	Lamb Tikka Masaia Naan Bread Chutneys	<u>Warm Salad</u> Ginger and Mango Chicken	Roast Pork Loin with Apple sauce	<u>Catch of the day</u> Fried Fish Lemon and Tartare Sauce	Spiced Beef tacos With salad, cheese, salsa and Sour Cream	Full English Breakfast Continental Breakfast  Chicken breast wrapped in parma Ham
<b>Main Vegetarian</b>  <b>Vegan dishes available daily</b>	Sweet and Sour Quorn stir fry with Noodles	Briam- Greek potato & courgette Bake with Feta Cheese	Warm grilled Aubergine and Tomato Salad	Balsamic Roasted Vegetables with Feta in a Pitta Bread	Ratatouille and Chickpea Tagine	Herb Halloumi flatbread	Tomato and Feta Tart
<b>Potatoes or Rice</b>	Roasted garlic Potatoes  Selection of Baked Potatoes	Pilau Rice  Selection of Baked Potatoes	Sauteed Potatoes  Selection of Baked Potatoes	Roasted Potatoes  Selection of Baked Potatoes	Potatoes Wedges  Selection of Baked Potatoes	Braised Rice  Selection of Baked Potatoes	Sauté Garlic Potatoes  Selection of Baked Potatoes
<b>Vegetables</b>	Peas Carrots	Green Beans	Mixed Peppers Roasted Courgettes	Mixed Salad Asian Slaw	Peas Reduced Salt & Sugar Baked Beans	Greek Salad	
<b>Grab and Go</b>	<u>Pasta</u> Beef Bolognese Fresh Pesto (V)	<u>Baguette Bar</u> Selection of Fillings	<u>Noodle Bar</u> Black Bean Beef Vegetables in Plum Sauce(V)	<u>Pasta</u> Lamb Ragout Cheese sauce(V)	<u>Pasta</u> Carbonara Quorn and Tomato	<u>Pasta</u> Oak smoked bacon Or Selection of baguettes	
<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>	Apple Crumble with Custard Fruit Jelly(V)	Ice Cream Pots Fruit Jelly(V)	Jam Sponge with cream Fruit Jelly (V)	Plum Peasant Pudding with Custard Fruit Jelly (V)	Fruit Salad Fruit Jelly (V)	Cherry Cheesecake Fruit Jelly (V)	

# MENU

LUNCH WEEK THREE :Week commencing 17<sup>th</sup> Sept, 8<sup>th</sup> Oct 2018



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fresh Soups and a Selection of Fresh Breads</b>	Carrot and Coriander	Corn Chowder	Leek and Potato	Cream of Tomato	Chilli, Coriander and noodle broth		
<b>Salad Bar and dressings</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	
<b>Main Meal</b>	Thai Chicken Thighs	Beef Bourgignon	Lamb meatball Marinara served on a warm baguette	<b>Honey Roast Gammon</b>	<u>Build your Own</u> Beef Burgers and Garnish	Hawaiian Chicken	Full English Breakfast Continental Breakfast  Sweet and Sour Pork Pots
<b>Main Vegetarian</b>  <b>Vegan Dishes available daily</b>	Gnocci with sauteed Mushroom and Blue Cheese	Italian Bean Tagine with Lemon Couscous	Wild mushroom Risotto served with Ciabatta	Sweet Potato and bean Bake	Bean Burgers Or Roasted Balsamic Vegetable Tart	Roasted Aubergine, potato and Mushroom frittata	Sweet and Sour Vegetable Pots
<b>Potatoes or Rice</b>	Roasted Herb Potatoes  Selection of Baked Potatoes	Creamed potato  Selection of Baked Potatoes	Rice  Selection of Baked Potatoes	Roast Potatoes  Selection of Baked Potatoes	Chips  Selection of Baked Potatoes	Spiced Potato wedges	
<b>Vegetables</b>	Peas & Sweetcorn	Greens and carrots	Rosted vegetable Medley	Cauliflower and Broccoli	Peas Baked Beans	Mixed Salad Salad selection	
<b>Grab and Go</b>	Pasta Beef Bolognaise Italian Tomato	Pasta Chicken with tomato and basil Parmesan & Onion	Rice Pots	Pasta Carbonara Tomato and Herb	Pasta Chilli Tomato and basil		
<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	
<b>Hot or Cold Dessert</b>	Toffee apple sponge with Custard  Fruit Jelly (V)	Mixed fruit crumble with Cream  Fruit Jelly (V)	Mixed fruit Jelly(V)	Pear & Chocolate Sponge with Chocolate sauce Fruit Jelly (V)	Jam Tart with Custard  Fruit Jelly (V)	Chocolate Brownie	

# MENU

**SUPPER WEEK ONE:** Week commencing 3<sup>RD</sup> Sept, 24<sup>th</sup> Sept 2018



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event			Thai Night		Tapas Night	Burger Night	
Fresh Soups and a Selection of Fresh Breads	Chinese Mushroom Noodle	Cream of Tomato	Thai Vegetable	Roasted Pepper and Cannellini			
Main Meal	PIE NIGHT Spiced Chicken or Fish and Leek	Beef Stroganoff	Pad Kru Pao (Pork, Basil, stir fry) Kai Jeow	Chicken and Vegetable Fried Rice	Meatballs in tomato Sauce Chorizo and pepper Chicken with Garlic Tortilla	Mediterranean Burger	Chinese Style Roast Chicken
Main Vegetarian	Moroccan Infused Aubergine Wellington	Grilled Halloumi Lime Vinaigrette with toasted Pitta	Thai Infused Mushroom Stroganoff	Courgette, Ricotta and Petit Pois Lasagne	Vegetable Paella	Sweet Potato and Wild Rice Patties with Lime Salsa	Courgette and Orzo Bake
Potatoes or Rice	Buttered New Potatoes	Wild and White Rice	Rice Noodles Jasmine Rice	Basmati Rice	Patas Bravas	Chips Fried Onions	Vegetable Rice Noodles
Vegetables & Salad	Carrots Garden Peas Selection of Salad	Broccoli Mediterranean Salad	Stir Fry Green Vegetables Selection of Salad	Tossed Mixed Salad	Mixed salad	Mixed Salad Coleslaw Pickles and Olives	Stir Fried Bok Choi, Spinach and Beans sprouts
Pasta	Pasta Bar Sundried Tomato Pesto	Macaroni Cheese with Red Onion	Jacket Potato Bar Baked Beans Tuna Mayo Grated Cheese	Spaghetti with Smokey tomato and Seafood Sauce	Pasta Bar Chilli Tomato (V)		
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	Fresh Fruit Salad	Chocolate Brownie	Ice Cream Sundae	Cherry Cheesecake	Churros and chocolate Sauce	Dessert Table	Pear and Chocolate crumble with Cream

# MENU

SUPPER WEEK TWO: Week commencing 10<sup>TH</sup> Sept, 1<sup>st</sup> Oct.2018



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event				Italian Night			
Fresh Soups and a Selection of Fresh Breads	Beetroot and Sweet Potato	Red Lentil and Tomato	Creamy Mushroom and quinoa	Tuscan Chickpea	Curried leek and carrot		
Main Meal	<u>Sausage Bar</u> Lincolnshire with Yorkshire pudding and onion gravy Or Spicy Sausage Cassoulet	Jamaican Style Fish with sweet potato	Hot and Sour Beef Stir Fry	Chicken Milanese	Chicken Doner Kebab with garnish and dressings	Griddled Gammon Fried egg and pineapple rings	Roast Beef with a Twist served with Gravy, Yorkshire pudding and Horseradish
Main Vegetarian	Green Lentil and Spinach Curry with Basmati rice and Mango Chutney	Bulgar Wheat Bowl with Roasted Vegetable	Vegetable Pad Thai	Tagliatelle with Tomato Sauce  Pizza al ragillo  Grilled Polenta and roasted Vegetables	Button Mushroom and Chickpea Pie	Spicy bean cakes with lemon mayo	Melanzane Lasagne
Potatoes or Rice	Mashed Potato	Rice and Peas Jerk roasted vegetables	Jasmine Rice		Jacket Potato Wedges	Dauphinoise Potato	Roast Potatoes
Vegetables & Salad	Baked Beans Saute Cabbage	Jerk roasted vegetables	Stir Fry Vegetables	Mixed Salad	Mixed Salad	Peas, carrots and sweetcorn	Medley of Vegetables
Pasta Bar	Mushroom Paprikash	Beef Ragout	Macaroni cheese with crispy bacon		Amatriciana	Pasta Salad	
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 Krispie Cake	Continental Bread and Butter pudding	Banoffee Crumble with cream	Profiteroles with Chocolate Sauce	Fresh Fruit Salad	Dessert table	Ice cream Sundae

# MENU

SUPPER WEEK THREE: Week Commencing 17<sup>th</sup> Sept. 2018, 8<sup>th</sup> Oct 2018



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event		Fish Night	Middle Eastern Night		Vegetarian Night	Pizza Night	
Fresh Soups or Starter and a Selection of Fresh Breads	Black Bean and Coconut Soup (V)		Flat Bread with Dips	Ribollita Soup	Lentil Dumpling with chilli and Coriander		
Main Meal	Spiced Lamb Pilaf served with Chutneys and Naan bread	Cod and Parsley Fishcake Teriyaki infused Fish	Beef and Aubergine Fattah	Hunters Chicken		Meat Feast BBQ Chicken	Inihow Na Liempo (Grilled marinated Pork belly)
Main Vegetarian	Feta, Cheese, Olive and pepper Quesadilla Vegetable Curry	Aduki Bean Casserole	Falafal with Lemon Sauce	Wild Mushroom Roulad	Sweetcorn and Pepper Filo parcel Vietnamese Noodle bowl	Roasted garlic and Muhsroom Halloumi	Cheese and Tomato Pasta Bake
Potatoes or Rice	Basmati Rice	Saute Potatoes Steamed Rice	Jacket potato with Baked beans, cheese or Tuna	Lyonnaise Potatoes	Garlic Bread	Chips	Steamed Rice
Vegetables Salad	Mixed Salad	Peas and mushy Peas Broccoli	Mejadra (lentils, rice and spices)	Medley of vegetables	Mixed Salad		Pinakbet Mixed salad
Pasta Bar	Tagliatelle with Carbonara Sauce	Beef and Tomato Or Macaroni (V)	Pesto Pasta	Spaghetti with Vegetable Ragout	Pasta Bolognaise	Green Pesto Pasta	
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 and Raspberry Crumble with Cream	Crème Caramel	Fresh Fruit Salad	Cheese Board Fruit Jelly(V)	Rocky Road	Ice Cream Bar	Continental Bread and Butter Pudding