

# MENU

LUNCH WEEK ONE: Week commencing 29 Oct, 19 Nov 2018



ABINGDON

|  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   | Sunday   |
|--|---|--|--|--|---|--|--|
| <b>Fresh Soups and a Selection of Fresh Breads</b>     | Leek & Potato   | Sweet potato and Red Pepper                              | Cauliflower Cheese   | Parsnip & Rosemary   | Tuscan Bean Soup  |  | 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>                                       | Chicken Tikka Masala, Nan, Mango Chutney                    | Pork & Herb Sausages, Caramelised Onion Gravy            | Beef & Vegetable Cobbler topped with Cheese & Rosemary                             | Roast Loin Pork, Apple sauce   | Grilled Peri Peri Chicken   | Smoked haddock, Broccoli & Pasta bake                    | Full English Breakfast Continental                       |
| <b>Main Vegetarian</b><br>Vegan dishes available daily | Chana Tadka Dal with Spinach                                | Bubble 'n' Squeak Cake with Roasted Mushrooms            | Sweet Potato, Butternut Squash & Apricot Tagine                                    | Beef Tomato stuffed with Quinoa & Roasted Vegetables                                   | Vegetable & Quorn Chimichangas, Refried Beans                     | Baby Tomato & Mozzarella Frittata                        |  |
| <b>Potatoes or Rice</b>                                | Pilau Rice<br><br>Selection of Baked Potatoes               | Cheesy Leeky Mash<br><br>Selection of Baked Potatoes     | Parsley New Potatoes<br><br>Selection of Baked Potatoes                            | Roast Potatoes<br><br>Selection of Baked Potatoes                                      | Potato wedges<br><br>Selection of Baked Potatoes                  | Garlic Focaccia  |  |
| <b>Vegetables</b>                                      | Roasted Spiced Cauliflower & Kale                           | Honey Glazed Carrots<br>Savoy Cabbage                    | Steamed Broccoli & Green Beans   | Sticky Red Cabbage Peas  | Smoky Slaw  | Sweetcorn Mixed Salad                                    |  |
| <b>Grab and Go</b>                                     | <u>Pasta Bar</u><br>Bolognese<br>Tomato and Basil (V)       | <u>Pasta Bar</u><br>Carbonara<br>Rocket Pesto (V)        | <u>Ciabatta bar</u><br>Lamb Meatballs<br>Marinara<br>Harissa marinated Halloumi(V) | <u>Pasta Bar</u><br>Tuna Pasta Bake<br>Arrabiata (V)<br><br>'Fish Finger' Sandwich Bar | <u>Noodle Bar</u><br>Korean BBQ Beef<br>Kung Pao<br>Vegetables(V) | Chargrilled Chicken<br>Caesar salad                      | 'Hot Baguette Bar  |
| <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>                             | Pear & Chocolate Sponge, Chocolate Sauce or Fruit Jelly (V) | Baked Rice Pudding, Jam sauce Or Fruit Jelly (V)         | Toffee Apple Crumble with Cream or Mixed Fruit Jelly (V)                           | Peach Lemon Meringue Pie Or Fruit Jelly (V)  | Cherry & Red berry Clafoutis with Cream Or Fruit Jelly (V)        | Key Lime Pie   |  |

# MENU

LUNCH WEEK TWO: Week commencing 5 Nov, 26 Nov 2018



ABINGDON

|  | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   | Sunday   |
|--|--|---|---|--|---|--|--|
| <b>Fresh Soups and a Selection of Fresh Breads</b>         | Mushroom & Tarragon  | Spinach, Potato & Watercress                              | Tomato & Butterbean   | Lentil & Kale  | Minestrone  | Vegetable  |  |
| <b>Salad Bar and Dressings</b>                             | Daily Seasonal Salad Bar   | 'Continental Deli Bar'                                    | Daily Seasonal Salad Bar                                      | Daily Seasonal Salad Bar                                 | Daily Seasonal Salad Bar  | Daily Seasonal Salad Bar                                 | Brunch   |
| <b>Main Meal</b>   | Minced Lamb Irish Stew   | Acapulco chicken with Tortillas & Sour Cream              | Brisket Corned Beef Hash                                      | Roast turkey with Sage & Onion Stuffing                  | <b>Fish &amp; Chip Shop</b><br>Battered Fish<br>Chicken & Mushroom Pie<br>Jumbo sausages<br>Chip shop curry sauce | Linguini Bar<br>Lamb Ragu<br>Carbonara<br>Puttanesca (V) | Full English Breakfast<br>Continental Breakfast<br><br>Honey & Orange glazed<br>Pork belly |
| <b>Main Vegetarian</b><br><br>Vegan dishes available daily | Vegetable Pot Pie  | Tofu with Blackbeans & Chinese Vegetables                 | Beetroot & Goat's Cheese Tart, Balsamic Dressing              | Aubergine Parmigiana                                     | Mushroom & Butternut squash Risotto Cakes, Smoked Paprika Aioli   | Cajun Vegetable & Rice Stuffed Peppers                   | Tomato and Feta Tart   |
| <b>Potatoes or Rice</b>                                    | Parsnip Mashed Potatoes<br><br>Selection of Baked Potatoes                 | Spicy Pepper Rice<br><br>Selection of Baked Potatoes      | Sauteed Potatoes<br><br>Selection of Baked Potatoes           | Roasted Potatoes<br><br>Selection of Baked Potatoes      | Chips<br><br>Selection of Baked Potatoes  | Garlic Ciabatta<br><br>Selection of Baked Potatoes       | Sweet Potato Puree<br><br>Buttered Cabbage   |
| <b>Vegetables</b>  | Winter Greens<br>Glazed carrots  | Honey & Lime Slaw<br>Mixed salad                          | Boston Beans<br>Peas & sweetcorn                              | Mixed vegetables   | Mushy Peas<br>Reduced Salt & Sugar Baked Beans  | Greek Salad<br>Roasted Vegetables                        |  |
| <b>Grab and Go</b>   | <u>Pasta</u><br>Chicken & Pesto al Forno<br>Tomato, Mascarpone & Basil (V) | <u>Pasta Bar</u><br>Bolognese<br>Pumpkin & Butterbean (V) | <u>Rice Pots</u><br>Chicken Pork & Spicy sausage<br>Jambalaya | <u>Pasta</u><br>Lamb Ragout<br>Cheese sauce(V)           | <u>Pasta</u><br>Pork Meatballs<br>Quorn and Tomato (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>                                 | Pineapple Upside-Down Sponge<br>Fruit Jelly(V)                             | Butterscotch & Chocolate Crunch<br>Fruit Jelly(V)         | Sticky Toffee Pudding, Custard<br>Fruit Jelly (V)             | Coconut & Jam Sponge<br>Fruit Jelly (V)                  | Chocolate Orange Bread & Butter Pudding<br>Fruit Jelly (V)  | Tiramisu<br>Fruit Jelly (V)                              |  |

# MENU

LUNCH WEEK THREE: Week commencing 12 Nov, 3 Dec 2018



ABINGDON

|   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   | Sunday  |
|---|--|--|--|--|---|--|---|
| <b>Fresh Soups and a Selection of Fresh Breads</b>            | Carrot and Coriander                                     | Corn Chowder   | Broccoli, Leek & Horseradish   | Cream of Tomato  | Winter Vegetable  |  |   |
| <b>Salad Bar and dressings</b>                                | Daily Seasonal Salad Bar                                 | 'New York Deli bar'                                      | Daily Seasonal Salad Bar   | Daily Seasonal Salad Bar   | Daily Seasonal Salad Bar  | Daily Seasonal Salad Bar                                 |   |
| <b>Main Meal</b>  | Lamb & Vegetable Dhansak, Naan, Raita                    | Chicken Goulash with Peppers                             | Braised Beef in Peppercorn Sauce   | Honey Roast Gammon, Parsley sauce                                  | <u>Build your Own</u> Burgers and Garnish Beefburgers Chickwich Zinga burgers | Spanish Chicken baked with red Onion, Peppers & chorizo  | Full English Breakfast Continental Breakfast<br><br>Chicken Breast topped with Bacon & Brie |
| <b>Main Vegetarian</b><br><b>Vegan Dishes available daily</b> | Gnocci with sauteed Mushroom and Blue Cheese             | Italian Bean Tagine with Lemon Couscous                  | Slow Cooked Aubergine with Orzo & Sun-Blush Tomatoes                           | Quorn Sausage & Vegetable Cassoulet                                | Bean Burgers Or Butternut Squash Risotto                                      | Black Bean Burritos, Corn & Pineapple salsa              | Ratatouille Tart with caramelised Onion jam   |
| <b>Potatoes or Rice</b>                                       | Steamed rice<br><br>Selection of Baked Potatoes          | Herb Fondant Potato<br><br>Selection of Baked Potatoes   | Gratin Potatoes with Garlic, Cream & cheese<br><br>Selection of Baked Potatoes | Roast Potatoes<br><br>Selection of Baked Potatoes                  | Chips<br><br>Selection of Baked Potatoes                                      | Herby Potato wedges                                      | Garlic Sauté Potatoes   |
| <b>Vegetables</b>   | Roasted Vegetables                                       | Greens and carrots                                       | Roasted Carrots & Parsnips   | Cauliflower and Broccoli   | Peas Baked Beans  | Mixed Salad  | Green Beans   |
| <b>Grab and Go</b>  | Pasta Beef Bolognaise Italian Tomato                     | Pasta Carbonara Tomato and Herb                          | Pasta Chicken & Pesto Wild mushroom & Thyme                                    | <u>Noodle Bar</u> Chicken Chow Mein Caramelised Beancurd chow Mein | <u>Rice Pots</u> Pork & shiitake Mushroom Yakitori                            | <u>Pasta</u> Spaghetti with Capers, Olive & Anchovies    |   |
| <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>                                    | Saucy Lemon Sponge<br><br>Fruit Jelly (V)                | Treacle tart<br><br>Fruit Jelly (V)                      | Orange Marmalade & Fruit Pudding Mixed fruit Jelly(V)                          | Red Velvet Brownie, Caramel sauce Fruit Jelly (V)                  | Rhubarb, Pear & Vanilla Crumble<br><br>Fruit Jelly (V)                        | Chocolate Mess   |   |

# MENU

SUPPER WEEK ONE: Week commencing 29 Oct, 19 Nov 2018



ABINGDON

|   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   | Sunday   |
|---|--|--|--|--|--|--|--|
| Event                                       |  |  |  |  | Trattoria  |  |  |
| Fresh Soups and a Selection of Fresh Breads | Chinese Mushroom Noodle                                  | French Onion with Cheese Croutons                        | Corn Chowder   | Butternut Squash & Orange                                | Rigatoni Meatball Soup                                   |  |  |
| Main Meal                                   | Pot Roast Pork and Apple Wellington, Mustard sauce       | Jerk Chicken Breast                                      | Turkey new Yorker with BBQ Relish                        | Lamb, Aubergine & Sweet Potato Keema Curry               | Diavolo, Margherita, BBQ Chicken<br>Pizzas               | Chicken Fajitas, Guacamole, Sour Cream                   | Roasted Topside of beef                                  |
| Main Vegetarian                             | Gnocchi Primavera  | Caribbean Squash, Spinach & red Pepper Stew              | Vegetable Quesadillas                                    | Sweet & Sour Vegetables with Tofu                        | Spinach & Sun Dried Tomato Calzone                       | Coriander & mint Halloumi, Pineapple salsa               | Wild Mushroom Risotto                                    |
| Potatoes or Rice                            | Crushed Potatoes   | Rice & Peas  | Spiced Potato Wedges                                     | Fried Rice   | Jacket Skins   | Sweet Potato Fries                                       | Roast Potatoes   |
| Vegetables & Salad                          | Sauté Leeks & Broccoli                                   | Stir Fried Green Beans                                   | Texan Style Beans  | Cabbage & carrots with Caraway                           | Selection of salads                                      | Vegetable Slaw Ranch Salad                               | Cauliflower Cheese Steamed Greens                        |
| Pasta                                       | Pasta Bar Sundried Tomato Pesto Sauce (V)                | Spicy Sausage & Oregano                                  | Macaroni Cheese with Red Onion (V)                       | Jacket Potato Bar Baked Beans Tuna Mayo Grated Cheese    | Pasta Bar 3 Cheese Tortellini (V)                        | Italian bean & Mushroom (V)                              | Linguini Pomodoro (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                         | Pancakes with warm Berry Compote                         | Banoffee Pie   | Pumpkin Cheesecake Pie                                   | Profiteroles & Chocolate sauce                           | Crème Caramel  | Dessert Table  | 'Pleasure Pots'  |

# MENU

SUPPER WEEK TWO: Week commencing 5 Nov, 26 Nov 2018



ABINGDON

|   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   | Sunday   |
|---|--|--|--|--|---|--|--|
| Events                                      |  |  |  |  |   |  |  |
| Fresh Soups and a Selection of Fresh Breads | Beetroot and Sweet Potato                                | Red Lentil and Tomato                                    | Chilli Bean Broth  | Minted Pea   | Carrot & Coriander  |  |  |
| Main Meal                                   | BBQ Pulled Pork Ciabatta                                 | Chicken & Chorizo Paella                                 | Lamb Kofte Kebabs, Minted Yoghurt, warm Pitta            | Chicken Milanese   | <u>Tapas Bar</u><br>Meatball in Tomato sauce<br>Chorizo & Roasted Pepper Tortilla<br>Honey & Paprika Chicken Wings<br>Calamares Aioli | Buttermilk Fried Chicken                                 | Lemon & Black pepper Fish Fillets                        |
| Main Vegetarian                             | Cajun Bean Burgers with Feta & Lime                      | Spinach & Wild Mushroom Strudel                          | Harissa Marinated Halloumi & Falafel, Pitta Bread        | Courgette, Spinach & Ricotta Canneloni<br><br>Grilled Polenta and roasted Vegetables | Vegetable Paella  | Courgette, Portobello & Red Pepper Tacos; Pico de gallo  | Lentil & Goat's Cheese Moussaka                          |
| Potatoes or Rice                            | Baked Potato Wedges with sea salt                        | Cheese & Chive Skins                                     |  | Sauté Potatoes   | Patas Bravas  | French Fries   | Crushed Minted Potatoes                                  |
| Vegetables & Salad                          | Red Cabbage & Apple Slaw                                 | Broccoli Mediterranean salad                             | Roasted Vegetable Cous Cous                              | Mixed Salad  | Mixed Salad   | Creamed Corn Southern Style greens                       | Medley of Vegetables                                     |
| Pasta Bar                                   | Tagliatelle carbonara                                    | Beef Ragu  | Chicken & Pancetta                                       | Pork Bolognese   | Amatriciana (V)   | Mushroom, leek & Broccoli                                | Macaroni Cheese with Cherry Tomatoes                     |
| 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 Shortbread                                  | Hot Doughnuts, Chocolate sauce                           | Manchester Tart  | Eton Mess  | Warm Waffles, Syrup & Fruits  | Key Lime Pie   | Ice cream Sundae   |

# MENU

SUPPER WEEK THREE: Week Commencing 12 Nov, 3 Dec 2018



ABINGDON

|  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   | Sunday   |
|--|--|--|--|--|--|--|--|
| Event  | Hot Dog Night  |  |  |  |  |  |  |
| Fresh Soups or Starter and a Selection of Fresh Breads | Tomato Soup with Cheddar                                 | Hot & Sour Soup  | Spiced carrot & Lentil                                   | Courgette & ginger                                       | Celery, Potato & Blue Cheese                             | Yellow Split Pea & vegetable                             |  |
| Main Meal  | Build Your Own Hot Dog Bar                               | Thai style Fishcakes, chilli sauce & Lime                | Moroccan Style Chicken                                   | Chicken Tikka Biryani, Cucumber & Mint salad             | Pork Schnitzel   | Fish Pie topped with Cheesy Mash                         | Char Sui Pork Loin, Hoisin Gravy                         |
| Main Vegetarian  | Vegan Hot Dogs   | Kung Pau Vegetables                                      | Sweet Potato, Butternut Squash & Chickpea Tagine         | Matar Paneer   | Caramelised Red Onion and Thyme Tart                     | Garlicky Green Vegetable & Pesto Pasta                   | Butternut Squash & Spinach Risotto, Crispy Leeks         |
| Potatoes or Rice                                       | Skin on Fries  | Asian style Noodles                                      | Giant Vegetable Cous Cous with Pomegranate               | Bombay Potatoes  | Warm Lemon & Sage Potato salad                           | Garlic Bread   | Honey Glazed Mini Roasts                                 |
| Vegetables Salad                                       | Coleslaw<br>Corn on the cob                              | Steamed Broccoli with Lemon                              | Ratatouille  | Selection of salads                                      | Beetroot Slaw<br>Fried Green Beans                       | Peas & sweetcorn   | Stir Fried Vegetables                                    |
| Pasta Bar  | Mac 'n' Cheese   | Beef & Rigatoni Pie<br>Rigatoni with Red Pesto           | Creamy Mushroom & Bacon                                  | Smoked Bacon & Tomato<br>Chunky Vegetable Marinara       | Pasta Bolognaise<br>Pomodora Sauce                       | Classic Lasagne  | Roasted Vegetable Ragu                                   |
| 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                                    | New York Cheesecake                                      | Winter Fruit Salad, Spiced croutons                      | Rocky Road   | Key Lime Pie<br>Fruit Jelly(V)                           | Continental Bread Pudding                                | Selection of desserts                                    | Ice cream Sundaes  |