

MENU

LUNCH WEEK ONE: Week commencing 7th Jan, 28th Jan, 18th Feb



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Leek & Potato	Carrot & Coriander	Tomato & Basil	Mushroom & Tarragon	Chilli Bean	Mulligatawny	Brunch
Salad Bar and Dressings	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	
Main Meal	Beef in Peppercorn sauce	Chicken Tikka Masala with Naan	Chicken, Leek & Bacon Fricassee with baby Onions	Roast Loin Pork, Apple Sauce, Sage & Onion Stuffing	<u>Fish & Chip Shop</u> Battered Fish, Jumbo sausages, Chicken & Mushroom Pies Fish of the Day	Spanish Chicken with Chorizo & Sweet Peppers	Full English Breakfast Continental Crispy Fried Pork Belly, Black Bean sauce
Main Vegetarian Vegan dishes available daily	Harissa Marinated Halloumi, Sauteed Kale	Mushroom Stroganoff	Gnocchi with Pesto & Parmesan Crust	Butternut Squash, Sweet Potato & Apricot Tagine with Lime & Coriander Cous-Cous	Aubergine, Lentil & Potato Moussaka	Courgette & Broccoli Roulade with Salsa Verde	Tempura Vegetables, Sweet & Sour sauce
Potatoes or Rice	Fondant Potatoes Selection of Baked Potatoes	Steamed Rice Selection of Baked Potatoes	Herby Saute Potatoes Selection of Baked Potatoes	Roast Potatoes Selection of Baked Potatoes	Chips Selection of Baked Potatoes	Roasted new Potatoes with garlic & Rosemary	Egg Fried Rice
Vegetables	Honey Roasted carrots Savoy cabbage	Cauliflower & Spinach Bhajee	Roasted Root Vegetables	Braised Red cabbage Carrots & Broccoli	Baked Beans Peas	Roasted Provencale Vegetables	Stir-Fried Vegetables
Grab and Go	<u>Pasta Bar</u> Carbonara Arabbiata (V)	<u>Pasta Bar</u> Bolognese Tomato, mascarpone & Basil (V)	<u>Pasta</u> Lamb & Aubergine Ragout Tuscan Bean (V)	<u>Rice Pots</u> Chicken, Pepperoni & Mixed peppers Thai Vegetables (V)	<u>Noodle Bar</u> Chicken Chow Mein Ginger & Chilli Vegetable Rice Noodles(V)	<u>Pasta</u> Spaghetti with Capers, Olives & Parsley	
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 Bread & Butter Pudding or Fruit Jelly (V)	Toffee Sponge Or Fruit Jelly (V)	Apple & Pear Crumble or Mixed Fruit Jelly (V)	Chocolate 'Concrete' Or Fruit Jelly (V)	Jam & Coconut Shortbread Or Fruit Jelly (V)	Burnt Cream Tart	Eton Mess



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Winter Vegetable	Broccoli & Stilton	Sweet Potato & Red Pepper	Curried Parsnip	Carrot & Orange	Thai Noodle	
Salad Bar and Dressings	Daily Seasonal Salad Bar	'Continental Deli Bar'	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Brunch
Main Meal	Cumberland Sausages ,Red Onion Gravy, Yorkshire Pudding	Chicken & Sweetcorn Pie	Chilli Con Carne, Tortilla chips	Honey Roast Gammon	<u>Build your own Burger</u> Beefburgers Turkeyburgers Beanburgers Fish of the Day	Buttermilk Fried Chicken, 'Biscuits & Gravy'	Full English Breakfast Continental Breakfast Hunter's Chicken
Main Vegetarian Vegan dishes available daily	Roasted Pepper, stuffed with Vegetable Cous Cous, Tomato Coulis	Butternut Squash & Winter Greens Risotto	Baked Field Mushrooms with ratatouille & Brie	Root Vegetable & Leek Pie	Spicy Vegetable Chimichangas, Pico De Gallo	Quorn Pot-Roast	Baked Aubergine with Feta, Orzo & Sun Dried Tomatoes
Potatoes or Rice	Parsnip Mashed Potatoes Selection of Baked Potatoes	Rosemary & garlic Potatoes Selection of Baked Potatoes	Mexican Rice Selection of Baked Potatoes	Gratin Potatoes Selection of Baked Potatoes	Chips Selection of Baked Potatoes	Baked Potato Wedges Selection of Baked Potatoes	Hongroise Potatoes
Vegetables	Winter Greens Glazed carrots	Green Beans with Bacon	Roasted Vegetable Medley	Mixed vegetables	Baked Beans Vegetable Slaw	Southern Style Greens	Peas & Sweetcorn
Grab and Go	<u>Rice Pots</u> Lamb Biryani Matar Paneer	<u>Pasta Bar</u> Bolognese Creamy Pesto (V)	<u>Ciabatta Bar</u> Turkey Meatball Marinara Goat's Chees, Rocket & Red Onion Marmalade (V)	<u>Pasta</u> Pepperoni, Olive & Tomato	<u>Noodles</u> Hot & Sour Chilli Chicken Smoked Beancurd. Lemon & Ginger (V)	Linguini Pomodoro	
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	Rice Pudding with Jam Sauce or Fruit Jelly(V)	Chocolate Brownie, Fudge sauce or Fruit Jelly(V)	Mixed Fruit Oaty Crumble or Fruit Jelly (V)	Toffee Apple Sponge Fruit Jelly (V)	Cheery & Pear Clafoutis or Fruit Jelly (V)	Jam Donuts Fruit Jelly (V)	Chef's Choice



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Fresh Soups and a Selection of Fresh Breads	Carrot and Coriander	Corn Chowder	Broccoli, Leek & Horseradish	Lentil & Coconut	Cream of Tomato		
Salad Bar and dressings	Daily Seasonal Salad Bar	'New York Deli bar'	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	Daily Seasonal Salad Bar	
Main Meal	Aromatic Red Pork Curry with Green Beans	Chicken, Leek & Gammon Crumble	Beef Goulash with Mixed Peppers	Roasted Turkey Breast, Sage & Onion Stuffing	Meatball Marinara Sub Rolls with jack Cheese	Lasagne with Garlic Ciabatta	Full English Breakfast Continental Breakfast Traditional Kedgeree Corned Beef Hash
Vegetarian	Gnocchi with sauteed Mushroom and Blue Cheese	Vegetable casserole with Herb Dumplings	Bubble & squeak Cake with Wilted Spinach & Kale	Wild Mushroom Risotto	Coriander & Mint Halloumi, Pineapple Salsa	Lentil, Aubergine & Goat's Cheese Bake	Thyme & Shallot Pancakes with creamed Field Mushrooms
Potatoes or Rice	Steamed rice Selection of Baked Potatoes	Herb Fondant Potato Selection of Baked Potatoes	Gratin Potatoes with Garlic, Cream & cheese Selection of Baked Potatoes	Roast Potatoes Selection of Baked Potatoes	Potato Wedges Selection of Baked Potatoes	Potato Skins	Traditional Hash Browns
Vegetables	Roasted Vegetables	Mash Swede & Carrot Peas	Roasted Brussel Sprouts	Mixed Vegetables	Spicy Cabbage & Fennel Slaw	Mixed Salad	Sauted Greens
Grab and Go	Pasta Beef Bolognaise Italian Tomato	Moroccan Lamb Cous Cous Pots	Pasta Chicken & Pesto Wild mushroom & Thyme (V)	Fish Finger Sandwiches, Tartare Sauce	Rice Pots Pork & Spicy Sausage Jambalaya Creole Rice & Pumpkin Pots (V)	Lemon & Basil Chicken with warm Potato & broccoli 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	
Hot or Cold Dessert	Saucy Lemon Sponge Fruit Jelly (V)	Treacle tart Fruit Jelly (V)	Orange Marmalade & Fruit Pudding Mixed fruit Jelly(V)	Red Velvet Brownie, Caramel sauce Fruit Jelly (V)	Rhubarb, Pear & Vanilla Crumble Fruit Jelly (V)	Chocolate Mess	

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Event							
Fresh Soups and a Selection of Fresh Breads	Courgette & Ginger	Spinach, Potato & Watercress	Pumpkin & Coconut	Roasted Butternut Squash	Moroccan Chickpea		
Main Meal	Grilled Pork Loin Steaks with Pineapple salsa	Fajita bar	Thai spiced Cod Fillet	Turkey & ham Pancakes	Chicken Kiev	Lamb Kofte Meatball Pittas, Yoghurt & Mint	Roasted Topside of beef
Main Vegetarian	Spanish Tortilla topped with Tomato Relish	Fajita bar	Aubergine stuffed with Spicy Quinoa, Pimento sauce	Mushroom & leek Galatte	Glamorgan sausages	Spinach Pakora & Falafel Pittas	Vegetable Strudel with Garlic & parsley Cream Sauce
Potatoes or Rice	Cajun Spiced Mini Roasts	Potato wedges with Sea Salt & Herbs	Braised Vegetable Rice	Parmentier Potatoes	Dauphinoise Potatoes	Baked Sweet Potato wedges	Roast Potatoes
Vegetables & Salad	Smoky sultana slaw	Sweetcorn with Red Peppers	Stir Fried Green Beans with Chilli	French Style Peas	Steamed Greens	Courgette with Cumin & Fennel Seeds	Cauliflower Cheese Mixed Vegetables
'Grab & Go'	Ciabatta Pizza bar	<u>Pasta</u> Pepperoni & Tomato Rocket Pesto (V)	Lasagne Vegetable lasagne (V) Garlic Bread	Chilli Beef Pho Noodles Tofu & Shiitake Noodles	Tuna Pasta bake	Chargrilled Chicken Caesar salad	Three Cheese Tortellini (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	Waffle with Syrup & Berry compote	Peach & raspberry Trifle	Banoffee Pie	Profiteroles with salted Caramel Sauce	Lemon & Sultana Cheesecake	Chocolate Fudge Cake	Selection of Desserts

MENU

SUPPER WEEK TWO: Week commencing 14th Jan, 4th Feb, 25th Feb



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Events							
Fresh Soups and a Selection of Fresh Breads	Mushroom, garlic & Herb	Tomato & Oregano	Cauliflower Cheese	Brown Onion with Cheese Croutons	Sweet Potato & Courgette		
Main Meal	Chilli Beef Tacos, Guacamole, Sour Cream	Peri Peri Chicken	Hot Dog Bar Cheesy nachos	Lamb Dopiaza,	Pork Yuk Sung with Crispy Noodles & Hoisin	Masala Fish with salad & Nan	Char Sui Pork Loin
Main Vegetarian	Cajun Vegetable Burritos	Falafel with Feta, Lime & Coriander	'Veggie Hash Melt'	Vegetable Dhansak	Quorn Yuk-Sung	Goat's Cheese, Spring Onion & Roquito Pepper Spring Roll; Mango Relish	Roasted Tomato & Shallot Tart, Balsamic Glaze
Potatoes or Rice	Jacket Potato Skins	Sweet Potato Fries	Spicy Potato Wedges	Rice Pilaff Poppadoms	Teriyaki Noodles	Bombay Potatoes	Honey Glazed Mini Roasts
Vegetables & Salad	Refried Beans	Broccoli Mediterranean salad	Cabbage & Apple Slaw	Courgettes with Cumin	Soy & Ginger Broccoli	Spinach & Mushroom Pakora	Stir Fried Vegetables
Pasta Bar	Tagliatelle carbonara	Singapore Noodles with Shrimp and Pork	Pasta Tomato & Basil	Spaghetti with Seafood sauce	Pasta 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	Pancakes with red berries	Hot Doughnuts, Chocolate sauce	Tiramisu	Lemon Tart	Banana Fritters with Syrup	Selection of desserts	Toffee Cheesecake



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Event							
Fresh Soups or Starter and a Selection of Fresh Breads	Tomato Soup with Cheddar	Hot & Sour Soup	Spiced carrot & Lentil	Field Mushroom & thyme	Celery, Potato & Blue Cheese	Yellow Split Pea & vegetable	
Main Meal	Tapas Bar	Chicken & Chorizo Paella	Pulled Pork Baps	Chicken Yakitori Skewers	Thai fishcake Wraps, Lemon & Coriander Yoghurt Prawn Crackers	Seafood bar Bouillabasse with Crusty Bread Squid, Chorizo & Sweet Chilli Fish Goujons	Chicken Breast Topped with Bacon & Brie
Main Vegetarian	Ratatouille & Basil tart, Apple balsamic Reduction	Spinach, Ricotta & Mushroom Filo Pie	Cajun Beanburgers, Feta & Lime	Thai vegetable & Tofu Broth	Caramelised Red Onion and Thyme Tart	Halloumi & Salsa Verde Flatbreads	Ratatouille tart with red Onion Marmalade
Potatoes or Rice	Patas Bravas	Cheese & Chive Skins	Baked Potato wedges with sea salt	Sticky Coconut Rice	Red Curry Potatoes	Crushed New Potatoes	Garlic saute Potatoes
Vegetables Salad	Mediterranean salad	Steamed Broccoli with Lemon	Cabbage & apple slaw	Oriental Vegetables	Beetroot Slaw Fried Green Beans	Greek salad	Green Beans
Pasta Bar	Spaghetti Amatriciana (V)	Rigatoni with Red Pesto	Smoked salmon, Courgette, Chilli & lemon Pasta	Pork Bolognese Chunky Vegetable Marinara	Mushroom Tortellini with Sage Butter	Garlicky Green Vegetable & Pesto Pasta	Spicy sausage & Oregano 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	New York Cheesecake	Winter Fruit Salad	Rocky Road	Key Lime Pie Fruit Jelly(V)	Continental Bread Pudding	Selection of desserts	