

# MENU

## LUNCH WEEK ONE



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fresh Soups and a Selection of Fresh Breads</b>	Creamy Roasted Cauliflower	Thai Sweet Potato	Curried Red Lentil	Mediterranean White Bean Broth	Tomato and Basil	Soup of the day	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>	Toad in the Hole	Chicken Lentil Dhansak	Breaded Pork Escalope Chimmi Churri	Roast Chicken Leg Stuffing Red Wine Gravy	Breaded Pollack Fillet Tartare Sauce Lemon Wedges	<u>Build your own Burger</u> Sliced Cheddar Beef Tomatoes Onion Rings	Full English Breakfast Continental Sweet and Sour Chicken
<b>Main Vegetarian</b>  <b>Vegan dishes available daily</b>	Vegan Mushroom and Chickpea Fennel topped Puff Pie	Vegan Tofu Pad Thai	Tortellini Ricotta in a Arrabiata Sauce Basil Pesto	Vegan Sage and White Bean Wellington	Three Cheese Macaroni with Oregano Oil	Chickpea and Sweet Potato Burger	Vegetable Sweet and Sour
<b>Potatoes or Rice</b>	Creamy Mashed Potato  Sweet Potatoes and Jacket Potatoes	Lemon and Garlic Yellow Rice  Sweet Potatoes and Jacket Potatoes	Garlic and Basil Infused Penne Pasta  Sweet Potatoes and Jacket Potatoes	Rosemary & Garlic Roast Potatoes  Sweet Potatoes and Jacket Potatoes	Chunky Chips  Sweet Potatoes and Jacket Potatoes	Sauté New Potatoes  Sweet Potatoes and Jacket Potatoes	Egg Fried Rice
<b>Vegetables</b>	Braised Red Cabbage Steamed Green Beans	Spiced Gobi Sweetcorn	Minted Peas & Baby Spinach Honey Roasted Root Vegetables	Cauliflower Cheese Selection of Seasonal Vegetables	Baked Beans Garden Peas Mushy Peas	Steamed Sweetcorn	Steamed Pak Choi
<b>Grab and Go</b>	<u>Pasta Bar</u> Bolognaise Tomato and Basil Red Pepper Pesto	<u>Baguette Bar</u> Ham Tuna Mayo Continental Meats Egg & Rocket Brie & Chutney BLT	<u>Noodle Bar</u> Stir Fried Chicken Noodle Pot Sweet Chilli Sauce	<u>Pasta Bar</u> Bacon Carbonara Chilli and Basil Dressing Tomato and Pepper	<u>Jacket Potato bar</u> Tuna Chilli Cheese Ratatouille	<u>Rice Bar</u> Thai Red Chicken Curry Coconut and Squash Curry	
<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 and Blackberry Crumble or Fruit Jelly (V)	Double Chocolate Sponge or Fruit Jelly (V)	Vanilla Cheesecake or Mixed Fruit Jelly (V)	Shortbread with Ice Cream and Coulis Fruit Jelly (V)	Chocolate Fudge Cake Or Fruit Jelly (V)	Marshmallow Rice Krispie Cake	

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## LUNCH WEEK TWO



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fresh Soups and a Selection of Fresh Breads</b>	Cannellini, Carrot and Kale	Roasted Cauliflower and Coconut	Corn and Potato Chowder	Thai Pumpkin Soup	Autumn Wild Rice 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>	Chilli Con Carne Nachos Sour Cream Salsa Guacamole	Chicken Tagine Minted Yoghurt	Beef and Ale Puff Pie	Roast Pork Shoulder Apple Puree Red Wine Gravy	Southern Fried Chicken BBQ Sauce	Prawn Nasi Goreng with Fried Egg	Full English Breakfast Continental Honey and Apple Pork Loin Rosemary Jus
<b>Main Vegetarian</b>  <b>Vegan dishes available daily</b>	Veggie Bean Nachos	Roasted Courgette and Cherry Vine Frittata	Vegan Sweet Potato Cakes with Coriander Mayo	Potato, Celeriac and Cream Leek Pie	Red Pepper, Lentil and Feta Moussaka With a Green Olive Tapenade	Soya Bean Nasi Goreng with Fried Egg	Individual Cheddar and Sun Dried Tomato Quiches
<b>Potatoes or Rice</b>	Mexican Green Rice  Sweet Potatoes and Jacket Potatoes	Herby Cous Cous  Sweet Potatoes and Jacket Potatoes	Dauphinoise Potatoes  Sweet Potatoes and Jacket Potatoes	Rosemary & Garlic Roast Potatoes  Sweet Potatoes and Jacket Potatoes	French Fries  Sweet Potatoes and Jacket Potatoes	Thai Prawn Crackers Sweet Chilli Sauce Soy Sauce  Sweet Potatoes and Jacket Potatoes	Sauté Garlic Potatoes
<b>Vegetables</b>	Cajun Sweetcorn, Tomato and Kidney Beans	Steamed Broccoli Roasted Root Vegetables	Steamed Green Beans Roasted Rosemary Carrots	Cauliflower Cheese Selection of Seasonal Vegetables	Baked Beans Corn on the Cob Garden Peas	Asian Slaw with a nut free peanut dressing	Root Vegetable Mash
<b>Grab and Go</b>	<u>Pasta Bar</u> Carbonara Three Cheese & Basil	<u>Baguette Bar</u> Ham Tuna Mayo Continental Meats Egg & Rocket Brie & Chutney BLT	<u>Rice Pots</u> Chicken & Chorizo Paella	<u>Pasta Bar</u> Bolognese Tomato, mascarpone & Basil (V)	<u>Jacket Potato bar</u> Tuna Chilli Cheese Ratatouille	<u>Pasta</u> Spaghetti with Fresh Pesto	
<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 V variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts
<b>Hot or Cold Dessert</b>	Mixed Fruit Oat Crumble or Fruit Jelly (V)	Sticky Toffee Pudding Or Fruit Jelly (V)	Blueberry Sponge or Mixed Fruit Jelly (V)	Chocolate Brownie with Choc Sauce Or Fruit Jelly (V)	Meringue Nest with Cream and Raspberry Or Fruit Jelly (V)	Profiteroles with Chocolate Sauce	

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## LUNCH WEEK THREE



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fresh Soups and a Selection of Fresh Breads</b>	Creamy Gnocchi and Mushroom	Roasted Red Pepper	Asian Egg Noodle Broth	Celeriac, Apple and Sage	Curried Chickpea		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>	Thai Chicken Massaman Curry	Beef Lasagne with Garlic Bread	Mediterranean Chicken Thigh Stew Salsa Verde	Honey Glazed Gammon	<u>Build your Own Burger</u> Onion Rings, Tomato, Cheese Slices, Bacon	Beer Battered Cod Fillets Tartare Sauce Pickled Eggs, Onions	Full English Breakfast Continental Hand Stuffed Chicken Kiev
<b>Main Vegetarian</b>  <b>Vegan dishes available daily</b>	Onion Pakora's with a Vegan Curried Mayo	Gnocchi with Baby Spinach, Parmesan and Rocket Pesto	Chargrilled Polenta Cake, Field Mushroom and Vine Tomatoes	Roasted Squash, Pumpkin Seed and Feta Strudel	Mixed Bean and Guacamole Tacos Chilli and Coriander Seed Oil	Falafel Stuffed Pitta Bread with a Vegan Mayonnaise	Spinach and Pea Risotto with Confit Cherry Tomatoes
<b>Potatoes or Rice</b>	Coconut Spiced Rice  Sweet Potatoes and Jacket Potatoes	Garlic & Paprika Potato Wedges  Sweet Potatoes and Jacket Potatoes	Penne Pasta  Sweet Potatoes and Jacket Potatoes	Rosemary & Garlic Roast Potatoes  Sweet Potatoes and Jacket Potatoes	Chunky Chips  Sweet Potatoes and Jacket Potatoes	Roasted New Potatoes  Sweet Potatoes and Jacket Potatoes	Roasted Red Pepper Gnocchi
<b>Vegetables</b>	Green Beans and Roasted Red Peppers	Sautéed Savoy Cabbage Orange Glazed Carrots	Steamed Sweetcorn Broccoli Florets	Cauliflower Cheese Selection of Seasonal Vegetables	Baked Beans Coleslaw	Mushy Peas Steamed Peas	Butternut Squash, Spinach and Pumpkin Seeds
<b>Grab and Go</b>	<u>Pasta Bar</u> Beef Bolognaise Three Cheese & Basil	<u>Baguette Bar</u> Ham Tuna Mayo Continental Meats Egg & Rocket Brie & Chutney BLT	<u>Deli Bar</u> Pulled Pork Baps Pulled Jackfruit Baps	<u>Noodle Bar</u> Posh Prawn Pot Noodle Posh Quorn Pot Noodle	<u>Jacket Potato bar</u> Tuna Chilli Cheese Ratatouille	<u>Pasta</u> Spaghetti with Basil and Tomato Sauce	
<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 V variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts
<b>Hot or Cold Dessert</b>	Peach and Raspberry Crumble or Fruit Jelly (V)	Banana and Toffee Sponge  Or Fruit Jelly (V)	Carrot Cake or Mixed Fruit Jelly (V)	Chocolate Bread & Butter Pudding Or Fruit Jelly (V)	Apple and Blackberry Pie Or Fruit Jelly (V)	Double Chocolate Mousse with Cherry Whipped Cream	

# MENU

## SUPPER WEEK ONE



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event			LIVE COOKING EVENING			PIZZA NIGHT	
Fresh Soups and a Selection of Fresh Breads	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main Meal	Pan Fried Rump Steak Peppercorn Sauce Mushroom Sauce	Pulled Lamb Shawarma with Khobez Wraps Yoghurt Dressing	Indonesian Stir Fry Chicken Noodles	Hot Dogs Crispy Onions American Mustard Garlic Mayo	Steamed Asian Pulled Pork Bao Buns	Pepperoni and Cajun Chicken Pizza  Prawn and Mascarpone Pizza	Roast Topside of Beef Yorkshire Puddings Red Wine Gravy Horseradish Cream
Main Vegetarian	Ricotta and Spinach Cannelloni, with a Caper Dressing	Sesame Falafel with a Jalapeno Dressing Khobez Wraps	Indonesian Stir Fry Tofu Noodles	Vegetable and Bean Burrito with a Tomato Salsa	Quorn and Black bean Bao Buns	Feta, Slow Roasted Tomato and Rocket Pizza	Butterbean and Spinach Pie
Potatoes or Rice	French Fries	Fruited Bulgar Wheat Warm Salad	Spring Rolls Sweet Chilli Sauce Soy Sauce	Spicy Potato Wedges	Crispy Shallot Rice	----	Thyme Roasted Potatoes
Vegetables & Salad	Flat Mushrooms Grilled Tomatoes Onion Rings Peas	Rocket and Pomegranate Salad	Prawn Crackers Pak Choi and Bean shoots	Caesar Salad		Caribbean Coleslaw Corn on the Cob	Seasonal Vegetables Braised Red Cabbage
'Grab & Go'	Spaghetti and Meatballs Parmesan Cheese Basil Pesto	Salt and Pepper Squid Chilli and Ginger Dressing	Tuna Pasta Bake Garlic Bread	Vietnamese Banh Mi Hot Beef Sandwich	Korean Chicken Burger	Beef Chilli Nachos	----
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	Vanilla Panna cotta	Individual Banoffee Pies	Double Chocolate Brownie with Choc Sauce	Vanilla Cheesecake	Lemon Drizzle Cake	Chilli Chocolate Churros	Apple & Blackberry Pie and Custard

# MENU

## SUPPER WEEK TWO



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event			<b>LIVE COOKING EVENING</b>			<b>CURRY NIGHT</b>	
Fresh Soups and a Selection of Fresh Breads	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main Meal	Sweet and Sour Chicken Balls	Maple and BBQ Pork Ribs	Teriyaki Salmon Fillet with Chilli and Coriander seed dressing	Slow braised lamb shoulder stew cobbler	Korean spicy stir – fried squid	Beef Madras Chicken Bhuna Mango Chutney Raita	Rolled Leg Lamb Mint Sauce Gravy
Main Vegetarian	Vegan ramen noodle curry	Baked feta with spinach and chickpeas	Tofu and pak choi stir-fry	Squash, Butterbean and Kale Pie	Mexican mixed bean chilli with sour cream	Vegan Lentil Dhal	Lentil and sweet potato stew
Potatoes or Rice	Egg Fried Rice	Garlic & Parmesan Potato Wedges	Chilli Egg Noodles	Creamy mashed potato	Lemon and turmeric rice	Pilau Rice Saag Aloo	Thyme Roasted Potatoes
Vegetables & Salad	Honey & ginger roasted carrots	Corn on the Cobs	Prawn Crackers Vegetable Spring Rolls	Broccoli florets	Steamed sweetcorn Green beans	Onion Bhajis Samosa's Poppadums'	Roasted Pumpkin Seasonal Vegetables
'Grab & Go'	Grilled Halloumi Wrap	Meat Feast Pizza	Vegan Swedish Meatballs	Indonesian pork noodle pot	Pasta Bar Beef Bolognese Spinach and Tomato Sauce	Chicken ceaser 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	Carrot Cake	Lemon posset with raspberry coulis	Abingdon style meringue mess	Cherry and oat squares	Chocolate cracknell	Chocolate Yum Yums	Black forest gateaux, with whipped raspberry cream

# MENU

## SUPPER WEEK THREE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event			<b>LIVE COOKING EVENING</b>				
Fresh Soups and a Selection of Fresh Breads	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main Meal	Moroccan slow cooked beef brisket	Creamy parmesan chicken orzo with a kale Verde	Moules et frites Garlic mayo	Popcorn chicken flat bread with confit hummus and BBQ sauce	Char sui roasted pork belly	Nando's style peri peri chicken	Slow Roasted Pork Belly Apple Puree Gravy
Main Vegetarian	Jackfruit and butterbean stew	Roast vegetable, lemon orzo warm salad with spinach pesto	Turtle bean enchiladas with coriander salsa	Falafel and hummus flat bread	Cauliflower buffalo wings, vegan ranch dressing	Roasted Portobello mushroom with grilled halloumi	Roasted squash, sweet potato and lentil bake with a pomegranate dressing
Potatoes or Rice	Warm fruited bulgar wheat salad	Garlic ciabatta bread	French Fries	Paprika roasted parmentier potatoes	Soy infused flat rice noodles	Portuguese peri salted chips	Thyme Roasted Potatoes
Vegetables & Salad	Roasted red pepper, chickpea and baby spinach	Steamed sweetcorn	Potato, cheddar and onion pasties	Roasted squash and spinach with pumpkin seeds	Stir fried soy vegetables	Buttered corn on cob Slaw	Honey Roasted Parsnips Seasonal Vegetables
'Grab & Go'	Chargrilled salad with a ranch salad	Ham and brie individual tartlets	Chicken and Mozzarella Burrito with red pepper hummus	Rockefeller pollack	Honey & garlic crunch chicken breast	Cauliflower sweet potato burgers with cucumber and siracha aioli	---
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, raspberry & chia pudding	Lemon meringue pie	Rocky road	Crepes with a caramel sauce	Crème patisserie with shortbread	Cookies and ice cream	Waffles with belgian chocolate