

LUNCH MENU



ABINGDON SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Spicy red lentil and chickpea	Roasted pumpkin	Cream of celery	Sweet potato and lentil	Spiced parsnip	Thai hot and sour	French onion
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	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise
Main Meal	Chicken, leek and parsley in a cream sauce	Lamb tagine with stewed fruits and cous cous	Roast turkey crown with stuffing and gravy	Traditional beef lasagne	Battered hake	Handmade pork and apple sausage rolls	Full English breakfast
Main Vegetarian	Baked root vegetable herb cobbler	Spicy bean, halloumi and mixed leaf chutney burger	Butterbean and vegetable hot pot	Roast vegetable cassoulet	Vegetarian Shepherd' s pie	Vegetable jalfrezi with lentils and basmati rice	Mushroom and rocket risotto with tarragon oil
Chef 's Choice	Pork, pineapple, ginger and sweet chilli stir fry	Chicken and leek pie	Thai fishcakes, sweet chilli sauce and bean salad	Hog roast – hot pork, stuffing and apple sauce in a bap	Pot roasted chicken, sweet peppers and beans		Cajun chicken and cheese wrap
Potatoes or Rice	Parsley boiled new potatoes	Jacket wedges	Roast potatoes	Potatoes braised with sage	Roasted new potatoes	Parsley boiled new potatoes	Braised rice
Vegetables	Baton carrots Cauliflower florets	Peas Honey roasted root vegetables	Savoy cabbage Cauliflower in a cheesy sauce	Mixed five leaf salad Sweetcorn	Peas Reduced salt and sugar baked beans	Mixed root vegetables Fresh mixed salad	Honey and lemon carrots
Meat Pasta Bar	Lamb bolognese	Carbonara	Bolognese	Spiced chicken	Italian pork meatballs		
Vegetarian Pasta Bar	Spicy tomato	Tomato and roasted vegetable	Three cheese	Pesto	Aubergine and tomato		
Cut Fruit and Yoghurt Bar	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts
Hot or Cold Dessert	Apple and cinnamon crumble with custard	Chocolate and orange sponge with custard	Creamy rice pudding and jam sauce	Raspberry jelly and cream	Ginger, lemon and honey steamed sponge with custard	Spotted dick with custard	

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Sweet potato and lentil	Cyrus Todiwala's mulligatawny	Cream of mushroom	Tomato, coriander and black olive	Minestrone	Cream of green pea	Chilli and 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	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise
Main Meal	Pork and herb sausages in a red onion gravy	Chilli con carne	Roast chicken, sage and onion stuffing and gravy	Roast pork chop with honey and sage vinaigrette	Battered haddock	Chicken Caesar salad	Full English breakfast
Main Vegetarian	Butternut squash and spring onion frittata	Brie, tomato and basil tart with rocket pesto	Spicy vegetable casserole	Quesadilla torte	Roasted vegetable bruschetta and basil oil	Goat's cheese and leek strudel	Baked lentil and vegetables topped with creamy mash
Chef's Choice	Hungarian turkey casserole	Golden pork and apricot casserole	Hot brie and tomato baguette	Minced lamb, potato and mint pie mix	Honey and rosemary glazed chicken		Caribbean pork belly and roasted sweet potato
Potatoes or Rice	Crushed new potatoes	Boiled rice	Roast potatoes	Boiled potatoes	Roasted new potatoes	Spicy jacket wedges	
Vegetables	Baton carrots Peas	Sweetcorn Hand mixed vegetables	Honey roast root vegetables	Sautéed leeks Sweetcorn	Peas Baked beans	Grilled tomato	
Meat Pasta Bar	Spicy sausage and tomato	Creamy mustard chicken	Hot spicy bacon	Bolognese	Carbonara		
Vegetarian Pasta Bar	Onion and parmesan	Tomato and basil	Roasted vegetables and Cajun spiced	Three cheese	Herby tomato and mushroom		
Cut Fruit and Yoghurt Bar	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts
Hot or Cold Dessert	Baked syrup sponge with custard	Pear, chocolate and ginger crumble with custard	Vanilla ice cream	Toffee apple sponge with custard	Apricot and chocolate crunch with custard	Strawberry jelly	

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Minestrone	Yellow split pea and vegetable	Corn chowder	Lentil and tomato	Cream of root vegetable	Classic leek and potato	Crème du Barry (cauliflower)
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	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise
Main Meal	Lancashire hot pot	Steamed pangasius and slow oven roasted tomato	Pot roast of beef with braised vegetables	Moroccan style chicken legs	Battered pollock with lemon wedges and tartare sauce	Selection of authentic curry	Full English breakfast
Main Vegetarian	Pumpkin and butterbean ragu	Mushroom, leek and soft cheese quiche	Roasted vegetables and coriander pesto bake	Spicy chickpea samosa's with tzatziki	Quorn, chickpea and spinach tagine	Aloo sag madras	Brie, leek and broccoli strudel
Chef 's Choice	Tuna and sweetcorn pasta bake	Poached chicken, squash and pumpkin seed risotto	Seafood paella	Grilled gammon steak with pineapple	Baked lemon chicken with turmeric potatoes		Kashmir lamb skewer
Potatoes or Rice	Herby potatoes with onions	Potatoes braised with sage	Roast potatoes	Parsley boiled new potatoes	Roasted new potatoes	Pilaff rice Bombay aloo potatoes	Egg fried rice
Vegetables	Mixed green vegetables Sweetcorn	Peas Baton carrots	Savoy cabbage Cauliflower florets	Mixed green vegetables Mixed salad	Peas Baked beans	Grilled tomato	Asian stir fried vegetables
Meat Pasta Bar	Chilli beef bake	Carbonara	Sweet and sour chicken	Lamb bolognaise	Beef meatball		
Vegetarian Pasta Bar	Tomato and roasted vegetable	Tomato and basil	Three cheese	Hot chilli	Pesto		
Cut Fruit and Yoghurt Bar	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts
Hot or Cold Dessert	Apple pie with custard	Sticky toffee and date pudding with custard	Orange jelly pot	Orchard fruit crumble with custard	Steamed jam sponge with custard		

SUPPER MENU



ABINGDON SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Tomato	Classic leek and potato	Cream of mushroom	Carrot and coriander	Courgette and cumin	Cream of celery	Cream of broccoli
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	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise
Main Meal	Chunky beef and bean chilli	Pork stroganoff	Lamb and sage lasagne	Chicken chasseur	Breaded pork steak with sour cream and noodles	Pizza bar	Selection of three roast meats
Main Vegetarian	Grilled aubergine and tomato layer with a pesto dressing	Mushrooms, chunky bread, egg and cheese sauce	Emmental cheese and rocket quiche	Vegetable omelette with spinach salad	Tomato and roasted vegetable pasta sauce	Spinach, herb and ricotta cheese pasta bake	
Potatoes or Rice	Boiled rice	Oven baked potato wedges	Champ potato	Oven baked potato wedges	Parsley boiled new potatoes	Chips Garlic flatbread	Roasted new potatoes
Vegetables	Medley of root vegetables	Cucumber and tomato salad	Fresh mixed salad	Fine green beans	Courgettes and sweetcorn	Baked beans	Cauliflower florets Roasted carrots
Pasta Bar	Spicy Italian	Tomato and basil	Three cheese	Aubergine and tomato	Carbonara		
Cut Fruit and Yoghurt Bar	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts
Hot or Cold Dessert	Raspberry Eton mess	Lemon meringue pie	Profiteroles and chocolate sauce	Steamed jam sponge with custard	Blackcurrant jelly	Vanilla ice cream	Fruit and oat crumble with custard

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Cream of fennel	Tomato, coriander and black olive	Broccoli and potato	Courgette and cumin	Carrot and coriander	Minestrone	Spiced red lentil
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	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise
Main Meal	Mum's beef meatloaf	Turkey escalope Niçoise	Grilled haddock with roasted fennel salad	Piri piri chicken thighs and spicy sauce	Hot pork and apple pie	Burger bar	Selection of three roast meats
Main Vegetarian	Mozzarella and roasted vegetable tart	Stuffed pepper with quinoa, aubergine and basil	Roasted vegetable lasagne	Mushroom, leek and soft cheese quiche	Crushed cherry tomato, basil and mozzarella pizza	Potato, spring onion and cheddar pie	Baked ratatouille filled pancakes
Potatoes or Rice	Spicy jacket wedges	Gratin potatoes	Turmeric potatoes	Chips	Boiled rice	Boulangere potatoes	Roasted new potatoes
Vegetables	Carrots	Peas	Herby roasted vegetables	Tossed summer leaf salad	Sautéed leeks and mushrooms	Spanish mixed salad	Cauliflower florets Carrot and parsnip batons
Pasta Bar	Marinated herbs and tomatoes	Beef meatballs	Spiced chicken	Three cheese	Tomato and roasted vegetables		
Cut Fruit and Yoghurt Bar	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts
Hot or Cold Dessert	Baked sultana sponge with custard	Harlequin jelly	Chocolate ripple sponge with custard	Fresh fruit salad	Toffee sponge with toffee sauce	Profiteroles and chocolate sauce	Chocolate mousse

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Tomato	Cream of root vegetable	Red pepper, tomato and basil	Cream of broccoli	Yellow split pea and vegetable	Cream of mushroom	Carrot and coriander
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	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise	Selection of oils, balsamic vinegar, mayonnaise
Main Meal	Braised beef, ale and potato pie	Handmade pork and apple sausage rolls	Pork escalope with coriander chutney	Chilli lamb wrap with garlic mayonnaise	Caribbean mutton curry	Beef rogan josh Chicken aloo tikka masala	Selection of three roast meats
Main Vegetarian	Chickpea and vegetable curry	Root vegetable, sage and onion crumble with onion jam	Cherry tomato and basil pasta bake	Quesadilla torte	Red lentil and sweet potato dhal with naan bread	Mediterranean Quorn wrap	Spring onion, chive and pearl barley risotto
Potatoes or Rice	Roasted garlic and rosemary potatoes	Boiled new potatoes	Herby potatoes with onions	Roasted new potatoes	Basmati rice	Pilaff rice	Parsley boiled new potatoes
Vegetables	Fine green beans	Ratatouille	Baton carrots	Sweetcorn	Roasted sweet potato	Bombay potato Garlic and coriander chota naan	Peas
Pasta Bar	Carbonara	Italian bean and mushroom	Hot chilli	Three cheese	Hot spicy bacon		
Cut Fruit and Yoghurt Bar	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts	Selection of whole and cut fruit and a variety of yoghurts
Hot or Cold Dessert	Apple pie with custard	Mandarin trifle	Marbled sponge with custard	Manchester tart with custard	Spiced spotted dick with custard	Blackcurrant jelly	