

MENU WEEK 1



ABINGDON SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Roasted Tomato Soup	Mushroom & Tarragon Soup	Minted Pea Soup	Spiced Red Lentil Soup	Butternut Squash & Sweet Pepper Soup	Classic Leek & Potato Soup	Tomato, Coriander & Black Olive Soup
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 Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise
Main Meal	Braised Chilli Beef	Lamb Tagine	Chicken & Pepper Fajita Wrap	Roast Gammon with Pineapple Chutney	Fish of the Day	Chilli, Lemon & Garlic Marinated Chicken	Hospitality Breakfast Baked Lemon, Garlic & Thyme Turkey
Main Vegetarian	Roasted Vegetable Bruschetta & Basil Oil	Stuffed Pepper with Quinoa, Aubergine & Basil	Roasted Vegetable Frittata with Basil Oil	Ricotta, Spinach & Lentil Lasagne	Chilli Bean Cakes & Pineapple Chutney	Roasted Vegetable Frittata with Basil Oil	Polenta & Lentil Cakes with Roasted Onions
Chef's Choice	Roast Chicken & Lentils	Caribbean Belly Pork & Roasted Sweet Potato	N/A	Tandoori Lamb Wrap	Chicken, Leek & Parsley in a White Wine Cream Sauce	N/A	N/A
Potatoes or Rice	Boiled Rice	Cous Cous	Boiled New Potatoes	Roast Potatoes	Garlic Potatoes	Sauteed Potatoes	Egg Fried Rice
Vegetables	Baton Carrots Sweetcorn	Lemon Courgettes Peas	Mediterranean Vegetables	Braised Red Cabbage with Apple Steamed Cauliflower Florets	Baked Beans Peas	Honey Roasted Root Vegetables	Stir Fry Vegetables
Meat Pasta Bar	Hot Spicy Bacon	Italian Tuna & Sweetcorn	Bolognaise	Creamy Mustard Chicken	Hot Chilli	Beef Meatball	N/A
Vegetarian Pasta Bar	Three Cheese (V)	Herby Tomato & Mushroom (V)	Aubergine & Tomato (V)	Marinated Herb & Tomato (V)	Onion & Parmesan (V)	Neapolitan (V)	N/A
Cut Fruit and Yoghurt Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar
Hot or Cold Dessert	Sultana Gingerbread Accompanied by Vanilla Sauce	Creamy Rice Pudding & Raspberry Sauce	Strawberry Jelly Pot	Plum & Apple Crumble Accompanied by Custard	Sticky Toffee Pudding Accompanied by Cream	Apple & Berry Charlotte Accompanied by Custard	N/A

MENU WEEK 2



ABINGDON SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Carrot & Coriander Soup	Cream of Root Vegetable Soup	French Onion Soup	Roast Tomato, Balsamic & Basil Soup	Butterbean & Spring Onion Soup	Thai Hot & Sour Soup	Yellow Split Pea & Vegetable Soup
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 Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise
Main Meal	Pork & Herb Sausages in Red Onion Gravy	Chicken & Chorizo Cassoulet	Shepherd's Pie with Crushed New Potato Topping	Roast Chicken Leg	Fish of The Day	Shin of Beef with Ginger, Carrot & Cabbage	Hospitality Breakfast Szechwan Chicken Stir Fry with Noodles
Main Vegetarian	Baked Aubergine Rolls Filled with Mozzarella	Root Vegetable Thai Curry	Swedish Quorn Balls in Tomato Sauce	Quesadilla Torte	Homemade Falafels with Salad & Pitta	Goats Cheese, Mushroom & Olive Tart	Brie, Tomato & Basil Tart with Rocket Pesto
Chef's Choice	Roast Chicken with Beetroot and Halloumi Salad	Hoki with Patatas Bravas	N/A	Vietnamese Beef & Lettuce Wraps	Pork Stroganoff	N/A	N/A
Potatoes or Rice	Boiled New Potatoes	Roasted New Potatoes	Boiled New Potatoes	Roast Potatoes	Garlic Potatoes	Crushed Herby New Potatoes	Chilli Noodles
Vegetables	Roasted Root Vegetables	Courgettes & Sweetcorn	Peas Cauliflower Cheese	Ratatouille Sweetcorn	Baked Beans Peas	Glazed Carrots	Stir Fry Vegetables
Meat Pasta Bar	Lamb Bolognese	Spicy Sausage & Tomato	Bolognese	Pea & Gammon	Chicken & Leek	Carbonara	N/A
Vegetarian Pasta Bar	Pesto (V)	Three Cheese (V)	Neapolitan (V)	Tomato & Roasted Vegetable (V)	Tomato & Roasted Vegetable (V)	Herby Tomato & Roasted Vegetable (V)	N/A
Cut Fruit and Yoghurt Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar
Hot or Cold Dessert	Chocolate Fudge Pudding Accompanied by Chocolate Sauce	Apple Peasant Pudding Accompanied by Custard	Jelly Pot	Chocolate Rice Pudding & Chocolate Sprinkles	Jam Tart Accompanied by Custard	Berry Cheesecake	N/A

MENU WEEK 3



ABINGDON SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Cream of Celery Soup	Butterbean & Spring Onion Soup	Roasted Sweet Pepper & Basil Soup	Ceram of Mushroom Soup	Sweet Potato & Lentil Soup	Chilli & Tomato Soup	Chinese Vegetable Soup
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 Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise
Main Meal	Spiced Lamb Pockets with Minted Yoghurt & Salsa	Jerk Chicken, Rice & Peas & Slaw	Grilled Pork Shoulder Steak with BBQ Sauce	Roast Turkey, Sage & Onion Stuffing & Gravy	Fish of The Day	Chicken Tikka & Lettuce Wrap	Hospitality Breakfast Thai Beef Curry with Rice Noodles
Main Vegetarian	Butternut Squash & Blue Cheese Crumble	Mushroom & Melted Cheese Frittata	Spicy Chickpea Samosa with Tzatziki	Quorn Stir Fry with Ginger & Noodles	Macaroni Cheese	Gnocchi with Pesto & Parmesan Crust	Cheese & Onion Calzone
Chef's Choice	Lemon Chicken with Butter Beans & Basil	Braised Beef with Baby Onions & Roasted New Potatoes with Thyme	N/A	Lamb & Rosemary Pie	Pulled Pork with Spicy Coleslaw	N/A	N/A
Potatoes or Rice	Coriander Cous Cous	Braised Saffron Rice	Sauteed Potatoes	Roast Potatoes	Roasted New Potatoes	Hand Cut Sweet Potato Wedges	Noodles
Vegetables	Ratatouille Peas	Sauteed Leeks & Mushrooms	Roasted Root Vegetables Sweetcorn	Savoy Cabbage Cauliflower & Broccoli Cheese	Baked Beans Peas	Peas with Carrot Batons	Sag Aloo
Meat Pasta Bar	Bolognaise	Carbonara	Lamb Bolognaise	Spiced Chicken	Chunky Beef & Bean	Spicy Sausage & Tomato	N/A
Vegetarian Pasta Bar	Onion & Parmesan (V)	Tomato & Roasted Vegetable (V)	Three Cheese (V)	Pesto (V)	Aubergine & Tomato (V)	Sicilian Cauliflower (V)	N/A
Cut Fruit and Yoghurt Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar
Hot or Cold Dessert	Banana & Chocolate Chip Pudding Accompanied by Custard	Fruits of the Forest Crumble Accompanied by Custard	Orange Jelly Pot	Lemon Love Cake Accompanied by Custard	Bread & Butter Pudding Accompanied by Custard	Waffles, Ice Cream & Chocolate Sauce	N/A

SUPPER MENU WK 1



ABINGDON SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Carrot & Coriander Soup	Courgette & Cumin Soup	Chilli & Tomato Soup	Minestrone Soup	Cream of Broccoli Soup	N/A	Tomato Soup
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 Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise
Main Meal	Pork, Sage & Apple Sausage Roll	Beef Lasagne	Chilli Lamb Wrap with Garlic Mayonnaise	Italian Roast Chicken with Peppers & Olives	Freshly Made Beef Burger	Breast of Chicken Chow Mein	<u>Roast</u> Roast Turkey & Cranberry Roast Topside of Beef Honey Baked Gammon
Main Vegetarian	Leek, Chive & Wild Mushroom Frittata	Rich Lentil Lasagne	Goats Cheese, Rocket & Spinach Strudel	Louisiana Vegetable Gumbo	Hand Made Five Bean Burger	Chinese Filled Pancakes with Soy	Gnocchi with Pesto & Parmesan Crust
Potatoes or Rice	Crushed Herby New Potatoes Steamed Rice	Sauteed Potatoes Steamed Rice	Chips Steamed Rice	Garlic Potatoes Steamed Rice	Jacket Wedges Steamed Rice	Chilli Noodles Egg Fried Rice	Roast Potatoes
Vegetables	Courgette & Carrot Batons	Ratatouille	Stir Fry Vegetables	Carrot Batons Sweetcorn	Fresh Mixed Salad Coleslaw Cucumber & Tomato	Stir Fry Vegetables	Honey & Lemon Carrots
Pasta Bar	Italian Bean & Mushroom (V)	Creamy Mustard Chicken	Three Cheese (V)	Herby Tomato & Mushroom (V)	Hot Spicy Bacon	N/A	N/A
Cut Fruit and Yoghurt Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar
Hot or Cold Dessert	Canterbury Tart	Key Lime Pie	Chocolate Mousse	Lemon Roulade	Raspberry Jelly Topped with a Yoghurt Brulee	Ice Cream	Apricot Tarte Tatin Accompanied by Cream

SUPPER MENU WK 2



ABINGDON SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Leek & Potato Soup	Cream of Tomato Soup	Mushroom Soup	Red Lentil & Chick Pea Soup	Sweet Potato & Lentil Soup	N/A	Carrot & Coriander Soup
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 Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise
Main Meal	Chargrilled Chicken Caesar Wraps	Spiced Pork Burgers	Mexican Spicy Beef Taco's	Spiced Butter Chicken, Mango & Black Onion Seed	Lamb Pasanda	Honey & Lemon Coriander Chicken Thighs	<u>Roast</u> Roast Turkey & Cranberry Roast Leg of Pork Roast Topside of Beef
Main Vegetarian	Roasted Butternut Squash & Feta Bake	Goats Cheese, Mushroom & Olive Tart	Roasted Vegetable Lasagne	Spiced Falafel with Yoghurt & Pitta Bread	Vegetable Kebabs with Aioli	Leek & Potato Frittata	Baked Ratatouille filled Pancakes
Potatoes or Rice	Sauteed Potatoes Steamed Rice	Spicy Jacket Wedges Steamed Rice	Steamed Rice	Garlic Mashed Potato Steamed Rice	Bombay Potatoes Steamed Rice	Chips Egg Fried Rice	Roast Potatoes
Vegetables	Spiced Coleslaw Fresh Mixed Salad	Boston Beans Pea	Stir Fry Vegetables	Roasted Root Vegetables	Lemon Courgettes	Ratatouille	Roasted Root Vegetables Peas
Pasta Bar	Tomato & Roasted Vegetables (V)	Onion & Parmesan (V)	Hot Chilli	Herby Tomato & Mushroom (V)	Carbonara	N/A	N/A
Cut Fruit and Yoghurt Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar
Hot or Cold Dessert	Eton Mess	Pear & Lemon Curd Tart	Chocolate Profiteroles	Banoffee Tart	Peach Melba	Ice Cream	Apple Crumble accompanied by Cream

SUPPER MENU WK 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Roasted Tomato, Balsamic & Basil Soup	Celeriac Soup	Minted Pea Soup	Tomato, Coriander & Black Olive Soup	Cream of Vegetable Soup	N?A	Spicy Lentil Soup
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 Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise	Selection of Oil, Balsamic and Mayonnaise
Main Meal	Peking Style Pork with Noodles	Braised Beef Balti	Mexican Style Baked Chicken	Lamb Meatloaf & Onion Gravy	Turkey Escalope Puttanesca	BBQ Pork Ribs, Glazed Chicken & Sweetcorn	<u>Roast</u> Roast Turkey & Cranberry Topside of Beef Roast Lamb Shoulder
Main Vegetarian	Button Mushroom, Quorn & Tarragon Pie	Chickpea & Vegetable Curry	Caramelised Onion Tart, with Feta and Tomato	Sweet Potato, Cheese, Quorn & Aubergine Bake	Spinach, Butternut Squash & Chickpea Tagine	Mature Cheddar Cheese & Spring Onion Quiche	Mediterranean Quorn Wrap
Potatoes or Rice	Noodles Steamed Rice	Bombay Potatoes Basmati Rice	Roasted New Potatoes Steamed Rice	Mashed Potatoes Steamed Rice	Sauteed Potatoes Steamed Rice	Chips Steamed Rice	Roast Potatoes
Vegetables	Stir Fry Vegetables	Courgettes & Sweetcorn	Mediterranean Vegetables	Honey & Lemon Carrots Peas	Braised Red Cabbage Sweetcorn	Sweetcorn Fritters, Onions & Mushrooms	Medley of Root Vegetables Cauliflower Cheese
Pasta Bar	Neapolitan (V)	Spicy Sausage & Tomato	Onion & Parmesan (V)	Aubergine & Tomato (V)	Bolognaise	N/A	N/A
Cut Fruit and Yoghurt Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar	Selection of Whole and Cut Fruit and a Salad Bar
Hot or Cold Dessert	Flapjack Or Cheese & Biscuits	Chocolate Brownie & Ice Cream	Fruit Salad	Apple Puff Accompanied by Cream	Meringue Chantilly & Chocolate Sauce	Ice Cream	Baked Rice Pudding & Stewed Plums