


MENU

LUNCH WEEK ONE



A BINGDON


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Tomato and Basil	Creamy cauliflower and crispy kale	Leek and Potato	Thai red noodle broth	Pumpkin and sage	Soup of the day	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	Traditional sausage selections	Beef Madras Mango chutney and poppadom's	Chicken and chorizo ragu	Glazed gammon piccalilli	Meatball and mozzarella sub with basil	<u>Pizza bar</u> Pulled pork and pepperoni Chilli prawns	Full English breakfast Chicken chow mein
Main Vegetarian Vegan dishes available daily	Quinoa beetroot burger with sweet potato wedges Coriander mayo	Chickpea tikka masala with garlic naan	Rocket, sundried tomatoes and olive penne pasta with vegan cheese	Lentil loaf with red wine gravy	Mexican quesadilla bake with guacamole	Rocket and pesto pizza	----
Potatoes or Rice	Cheesy onion mashed potato Sweet Potatoes and Jacket Potatoes	Sultana Yellow Rice Sweet Potatoes and Jacket Potatoes	Pesto infused pasta	Garlic and thyme roasted potatoes	Thick cut chips		----
Vegetables	Cauliflower Cheese Steamed Green Beans	Cumin roasted carrots Steamed peas	Sweetcorn Sautéed savoy cabbage	Seasonal vegetables	Baked beans Steamed peas	Corn on the cob	----
Grab and Go	<u>Rice Pots</u> Beef Chilli with fragrant rice Sour cream	<u>Baguette Bar</u> Ham and Cheese Italian BMT Coronation Chicken Pastrami, mustard and gherkin Vegetarian options	MSC pollack burger with lemon mayonnaise and iceberg lettuce	Thai red chicken curry with sticky rice	Bacon macaroni and cheese with a parsley and pumpkin seed pesto	Mango and butterbean curry with naan bread	----
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 V variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts
Hot or Cold Dessert	Pear and chocolate crumble or Fruit jelly (V)	Lemon drizzle cake or Fruit jelly (V)	Strawberry cheesecake or Mixed Fruit jelly (V)	Shortbread with Ice cream and coulis Fruit jelly (V)	Chocolate cornflake cake Or Fruit jelly (V)	Strawberry gateaux	----  QUALITY OF LIFE SERVICES

MENU

LUNCH WEEK TWO



A BINGDON


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Roasted pepper and tomato	Sweet potato and chickpea	Cream of mushroom	Cumin and cauliflower	Creamy parsnip and apple	Soup of the day	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	Sweet and sour pork	Chicken and leek puff pie	Beef chilli nachos Salsa Guacamole Sour cream	Thyme roasted chicken leg with stuffing and gravy	Hot dogs with onions and mustard	Katsu chicken breast with curried mayonnaise	Full English breakfast BBQ and maple pork ribs
Main Vegetarian Vegan dishes available daily	Jumbo samosa's with saag aloo and mango chutney	Mushroom gnocchi stroganoff	Sweet and sour crispy tofu with pak choi and prawn crackers	Borlotti bean and wild mushroom filo pie	Vegan Oumph paella With a red pepper chutney	Quorn frankfurters with brioche roll	---
Potatoes or Rice	Egg fried rice	Roasted garlic new potatoes	Yellow and lemon rice	Rosemary roasted potatoes	Peri peri chips	Soy and spring onion egg noodles	----
Vegetables	Green beans, pak-choi and bean shoots	Honey roasted root vegetables Cauliflower	Sweetcorn Spicy refried beans	Braised red cabbage Seasonal vegetables	Baked beans Corn on the cob	Pak choi and bean shoots	---
Grab and Go	BBQ chicken wings with rice and garlic mayonnaise	Posh prawn pot noodle with coriander seed dressing	Pork nasi goreng with fried egg and Asian dressing	<u>Pasta bar</u> Beef meatballs with grated parmigiano	Fish finger ciabatta with garlic mayonnaise	Spaghetti prawn arrabaiata with garlic bread	---
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 V variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts
Hot or Cold Dessert	Cherry and apple crumble or Fruit Jelly (V)	Sticky Toffee Pudding Or Fruit Jelly (V)	Pineapple upside down sponge or Mixed Fruit Jelly (V)	Chocolate Brownie with Choc Sauce Or Fruit Jelly (V)	Lemon meringue pie Or Fruit Jelly (V)	Profiteroles with Chocolate Sauce	---  QUALITY OF LIFE SERVICES

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LUNCH WEEK THREE



A BINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Carrot and coriander	Curried chickpea	Rosemary and courgette	Potato and corn chowder	Roasted squash and apple soup	Soup of the day	---
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	Mexican pork carnitas with tacos and salsa, tomato and coriander dressing	Lamb, rosemary and red wine stew	Beef lasagne	Dijon rubbed pork loin Red wine gravy Spiced apple puree	Breaded pollack with tartare sauce and lemon wedges	Build your own burger Onion rings Emmenthal Cos and relish	Full English breakfast Tuna pasta bake
Main Vegetarian Vegan dishes available daily	Onion bhaji with a mango chutney dressing	Butterbean and tomato pie	Vegan mali kofte with flatbread and tomato salad	Japanese udon noodle stir fry	Avocado and black bean wrap with a cherry tomato salsa	Vegetarian bean burgers	---
Potatoes or Rice	Arroz rojo (Mexican red rice)	Dauphinoise potatoes	Herby garlic bread	Thyme roasted roast potatoes	French fries	Spicy potato wedges	---
Vegetables	Sweetcorn Cumin roasted cauliflower	Braised red cabbage Steamed broccoli	Sliced carrots Italian green beans and tomatoes	Root vegetable puree Seasonal vegetables	Mushy peas Baked beans Steamed peas	Corn on the cob	---
Grab and Go	Pasta bar Beef bolognaise Mushroom carbonara	Thyme puffed sausage rolls Winter chutney	Salt & pepper squid basmati rice and sweet chilli sauce Asian salad	Malaysian chicken noodle bar	Jacket potato bar Beef chilli Tuna mayonnaise Grated cheese	Macaroni and cheese	---
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 V variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts
Hot or Cold Dessert	Toffee apple sponge or Fruit Jelly (V)	Chocolate Bread & Butter Pudding Or Fruit Jelly (V)	Ice cream and shortbread or Mixed Fruit Jelly (V)	Treacle tart with raspberry cream Or Fruit Jelly (V)	Banoffee crumble Or Fruit Jelly (V)	Cookies and ice cream	---  QUALITY OF LIFE SERVICES

MENU

SUPPER WEEK ONE



A BINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event			STREET FOOD NIGHT			AROUND THE WORLD	
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	THAI	Soup of the Day
Main Meal	Chicken tikka pizza with naan bread and yoghurt dressing Onion salad	Dirty fries with pulled pork Garlic aioli BBQ sauce	Grilled salmon tacos with avocado crème	Full English- bacon, sausage, black pudding, eggs	Rosemary and garlic pork belly with mushroom sauce	Thai red chicken curry Prawn crackers Sweet chilli sauce	Roast leg of lamb Mint sauce Yorkshire puddings Gravy
Main Vegetarian	Mixed bean chilli with lemon yoghurt	Cheesy jalapeno dirty fries	Roast vegetable lemon orzo warm salad	Feta, spinach and egg muffins	Brie and sun-dried tomato frittata	Tofu pad Thai	Mushroom and borlotti bean pie
Potatoes or Rice	Basmati rice	---	Spicy potato wedges	Bubble and squeak	Sauté potatoes	Sticky rice	Thyme roasted potatoes
Vegetables & Salad	Onion bhajis Peas and baby spinach	Caribbean slaw Sweetcorn	Roasted pepper, chickpea and spinach	Baked beans Fried mushrooms Grilled tomatoes	Roasted honey carrots	Spring rolls Chinese cabbage and red pepper stir fry	Roasted squash and rosemary Seasonal vegetables
'Grab & Go'	Spaghetti bolognese with basil pesto and ciabatta	Roasted jerk chicken thighs	Vegetable chow mein with soy dressing	Vegetarian pasta bake with tossed salad	Pollack mornay and baby spinach	Cod and pancetta fishcakes with a lemon 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	Crunchy oatly flapjacks	Krispy's mars bar slice	Raspberry Eton mess	Dutch apple cherry pie	Double chocolate mousse pot	Chocolate eclairs	Belgian waffles with toffee sauce, marshmallows & strawberries

MENU

SUPPER WEEK TWO



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event			STREET FOOD THEME			AROUND THE WORLD	
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	Chicken burger with brioche bun Garlic mayonnaise Cheese Gherkins	Beef stroganoff	Pulled goat kebabs with coriander and pomegranate dressing	Tuna pasta bake	Lamb and chickpea curry	Chicken parmigiano with mozzarella	Roast pork shoulder Apple sauce Gravy
Main Vegetarian	Mushroom and spinach risotto Parmesan crust	Pepper, olive and feta moussaka	Warm super food salad	Sun dried tomato pasta bake	Thai tofu and vegetable curry	Tortellini in a basil and tomato sauce	Vegetable bean stew
Potatoes or Rice	Skinny fries	Fragrant rice	Cumin sweet potato wedges	Garlic bread slices	Turmeric and cardamom rice	Cheese stuffed jacket potatoes	Thyme roasted potatoes
Vegetables & Salad	Onion rings Steamed peas	Parsley carrots and savoy cabbage	Broccoli, peas and baby spinach	Roasted butternut squash and sweet potato	Vegetable samosas and green beans	Sweetcorn	Seasonal vegetables
'Grab & Go'	Traditional cottage pie with red wine gravy	Soy roasted pork loin steak with Chinese cabbage	Southern fried chicken drumsticks With BBQ sauce	Indonesian beef stir fried rice with prawn crackers	Thai infused pollack fillets with a chilli and ginger dressing	Beef chilli with rice	---
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	Rocky road	Chocolate beetroot cake	Chocolate raisin crunch	Welsh cakes with raspberry cream	Cherry vanilla crumble pot	Crepes with chocolate sauce	Coffee and mandarin gateaux

MENU

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event			STREET FOOD THEME			AROUND THE WORLD	
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	Philly cheese steak with	Crispy pork schnitzel with chimichurri	Beef chilli street fries with mozzarella, jalapenos	Chorizo and prawn paella	Beef chow mein	Moroccan charred chicken thighs	Roast chicken with stuffing and gravy
Main Vegetarian	Quorn Philly cheese fillet	Lentil cheesy lasagne with a rocket dressing	Veggie chilli street fries	Bhaji burger with a mango chutney yoghurt	Vegetable chow mein	Vegetable chickpea tagine	Squash, cranberry and bean wellington
Potatoes or Rice	Potato wedges with aioli	Roasted new potatoes	---	Pesto ciabatta	Prawn crackers	Fruited cous cous	Thyme roasted potatoes
Vegetables & Salad	Cheesy slaw Steamed peas	Roasted carrot and kale	Ranch parmesan salad	Paprika cauliflower and baby spinach	Spring rolls Sweetcorn	Roasted pepper and green beans	Seasonal vegetables
'Grab & Go'	Selection of popcorn	Seafood risotto with sun dried tomato pesto	Sticky sweet chilli chicken wings	Spicy meatballs with rice	Peri peri chicken leg	Pizza bar	---
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	Crème brulee with a berry compote	Strawberry custard tart	Chocolate pots	Eton mess	Tutti Frutti Cheesecake pots	Ice cream pots	Clotted cream and berry tart