

Menu

LUNCH WEEK ONE:



A BINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Bread selection	Bread selection	Bread selection	Bread selection	Bread selection	--	BRUNCH
Salad Bar and Dressings	Salad bar: 1 tossed salad 2 composite (1 carb) 1 protein cold meat	Salad bar: 1 tossed salad 2 composite (1 carb) 1 protein cold meat	Salad bar: 1 tossed salad 2 composite (1 carb) 1 protein cold meat	Salad bar: 1 tossed salad 2 composite (1 carb) 1 protein cold meat	Salad bar: 1 tossed salad 2 composite (1 carb) 1 protein cold meat	Daily Seasonal Salad Bar	----
Main Meal	Cumberland sausage rings with a red wine gravy	Bacon carbonara	Chicken korma with poppadum's	Rosemary roasted Chicken legs with stuffing	Breaded pollack fillet with tartare sauce and lemon	Sticky chilli bbq sauce chicken wings with a blue cheese dressing	Full Brunch menu with chefs choice main course
Main Vegetarian Vegan dishes available daily	Vegan white bean and leek puff pie	Vegan BBQ lentil meatballs with oregano infused Orzo	Vegan onion pakoras with mango chutney and a warm curried chickpea salad	Vegan mushroom and cannellini bean wellington with vegan Yorkshire puddings	Vegan schnitzel with a caper dressing and a roasted garlic white bean puree	Quorn southern fried pieces with a blue cheese dressing	----
Carbohydrate	Crushed new potatoes	Pasta Garlic bread	Braised rice	Thyme and garlic roasted potatoes	French Fries Potato wedges	Sweet potato wedges	----
Vegetables	Steamed green beans	Sweetcorn	Cumin roasted cauliflower with baby spinach	Seasonal vegetables	Baked beans Steamed peas	Buttered corn on the cob	----
Grab and go	<u>Noodle bar</u> Prawn chow mein with a soy dressing	<u>Salad bar</u> Chicken caser salad Build your own salad Selection of house dressings	<u>Jacket potato bar</u> Beef chilli Tuna mayonnaise Baked beans Grated cheddar	<u>Pasta bar</u> Chorizo & tomato sauce Cheesy Quorn and baby spinach Sweetcorn	<u>Baguette bar</u> Coronation chicken Italian BMT Chargrilled vegetable and hummus New potato salad	Creamy ham gnocchi with a herby pesto	----
Whole fruit	Whole fruit	Whole fruit	Fresh fruit pot	Whole fruit	Whole fruit	Selection of Whole & Cut Fruit and a V variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts
Cold Dessert	Hot fudge chocolate pudding cake with chocolate sauce Or Chocolate cake slice	Golden syrup sponge with custard Or raspberry ripple ice cream pot	Double chocolate brownie Chocolate mousse pots	Sticky toffee pudding with toffee sauce & custard Or yoghurt pot	Spiced apple sponge with custard Or Choc ices	Ice cream selection	----

Menu

LUNCH WEEK TWO:



A BINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Bread selection Soup of the day	Bread selection Soup of the day	Bread selection Soup of the day	Bread selection Soup of the day	Bread selection Soup of the day	Daily Seasonal Salad Bar	BRUNCH
Salad Bar and Dressings	Salad bar: 1 tossed salad 2 composite (1 carb) 1 protein cold meat	Salad bar: 1 tossed salad 2 composite (1 carb) 1 protein cold meat	Salad bar: 1 tossed salad 2 composite (1 carb) 1 protein cold meat	Salad bar: 1 tossed salad 2 composite (1 carb) 1 protein cold meat	Salad bar: 1 tossed salad 2 composite (1 carb) 1 protein cold meat	Daily Seasonal Salad Bar	----
Main Meal	Crispy fish fillet bap with mayonnaise and sliced tomato	Chicken tikka masala	Smokey pork ragout with tomato and oregano dressing	Roasted gammon with piccalilli	Hot dogs with crispy onions	BBQ pulled pork pizzas Ham and mozzarella pizzas	Full Brunch menu with chefs choice main course
Main Vegetarian Vegan dishes available daily	Breaded tofu steak bap with a vegan mayonnaise and sliced tomato	Vegan soya bean stir fry with toasted pumpkin seeds	Vegan macaroni cheese bake with a sundried tomato dressing	Vegan black bean and butternut squash stew with vegan cheese cobbles	Vegan roasted cauliflower & chickpea shawarma	Spinach and herby Quorn pizzas	----
Potatoes or Rice	Sautéed new potatoes	Steamed fragrant rice	Garlic bread	Rosemary roasted potatoes	French fries Potato wedges	Sweet potato fries with aioli	----
Vegetables	Minted baby spinach and peas	Honey roasted carrot with parsley	Steamed sweetcorn	Seasonal vegetables Cauliflower cheese	Baked beans Steamed peas	Roasted pepper and kale	----
Grab and Go	<u>Jacket potato bar</u> Chicken mayonnaise Grated cheddar Baked beans	<u>Baguette bar</u> Ham and cheese Feta, sun dried tomato and basil Tuna mayonnaise New potato salad	<u>Taco shell bar</u> Beef chilli with cheese Mixed bean chilli with cheese With Mexican green rice	<u>Pasta bar</u> Beef bolognaise Three cheese and baby spinach sauce	<u>Salad bar</u> Fruited chicken cous cous salad with a yoghurt dressing Build your own salad bar Selection of house dressings	Spicy bbq pork ribs	----
Cut Fruit and Yoghurt Bar	Whole fruit	Whole fruit	Fresh fruit pot	Whole fruit	Whole fruit	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	Double chocolate sponge with chocolate sauce Or Chocolate cake slice	Spiced apple shortcrust pie with custard Or yoghurt pot	Vanilla choc chip sponge with custard Or Ice cream pots	Afternoon tea scone with jam and cream Or Jelly pots	Maple pear and oat crumble with custard Or Raspberry mousse pots	Iced ring donuts	----

Menu

LUNCH WEEK THREE:



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Bread selection	Bread selection	Bread selection	Bread selection	Bread selection	Soup of the day	BRUNCH
Salad Bar and Dressings	Salad bar: 1 tossed salad 2 composite (1 carb) 1 protein cold meat	Salad bar: 1 tossed salad 2 composite (1 carb) 1 protein cold meat	Salad bar: 1 tossed salad 2 composite (1 carb) 1 protein cold meat	Salad bar: 1 tossed salad 2 composite (1 carb) 1 protein cold meat	Salad bar: 1 tossed salad 2 composite (1 carb) 1 protein cold meat	Daily Seasonal Salad Bar	----
Main Meal	Cumberland sausages with a red wine gravy	Thai chicken massaman curry	Beef bolognese with garlic bread	Roast pork joint with apple sauce and gravy Yorkshire puddings	Ham and pepperoni pizza slices	Oven baked chicken parmigiana with a basil oil	Full Brunch menu with chefs choice main course
Main Vegetarian Vegan dishes available daily	Vegan sausage and caramelised red onion casserole	Vegan tofu Thai red curry with crispy onion and soy dressing	Broad bean, baby spinach and basil risotto with garlic bread	Vegan creamy leek, bean and mushroom filo pie	Vegan quesadilla bake with a cumin and coriander pesto	Oven baked crispy Quorn fillet parmigiana with a basil oil	----
Potatoes or Rice	Creamy mashed potato	Prawn crackers Braised rice	Penne pasta	Garlic roasted potatoes	Herby diced potatoes	Cheesy tagliatelle	----
Vegetables	Braised red cabbage Steamed peas	Steamed green beans	Steamed sweetcorn	Seasonal vegetables	Baked beans Corn on the cob	Warm street corn salad Tossed salad with dressings	----
Grab and Go	<u>Rice bar</u> Chicken nasi goreng with fried eggs and a sweet chill sauce	<u>Pasta bar</u> Bacon carbonara Quorn and red pepper tomato sauce	<u>Salad bar</u> Ham and mixed bean chilli salad nachos Build your own salad Selection of house dressings	<u>Baguette bar</u> Coronation chicken Italian BMT Chargrilled vegetable and hummus	<u>Jacket potato bar</u> Tuna mayonnaise Grated cheddar Baked beans	Crispy scampi pots with a paprika mayonnaise and lemon wedges	----
Cut Fruit and Yoghurt Bar	Whole fruit	Whole fruit	Fresh fruit pots	Whole fruit	Whole fruit	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	Lemon drizzle cake with custard Or jelly pot	Chocolate marble cake with chocolate sauce Or Chocolate mousse pot	Bread and butter pudding with custard Or choc ices	Chocolate rice krispie cake Or yoghurt pot	Banana and toffee sponge with custard Or creamy Belgian bun	Iced ring doughnuts selection	----

Menu

SUPPER WEEK ONE



A BINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event						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	Mexican	Soup of the Day
Main Meal	Creamy parmesan chicken orzo with a kale Verde	Char sui roasted pork belly	Peri peri chicken with sweet chilli mayonnaise	Seafood pad Thai with a crispy shallot and soy dressing	Pan fried pork chop with a peppercorn sauce	Spicy beef fajita wraps with guacamole and salsa	Roast lemon and thyme chicken with stuffing and gravy
Main Vegetarian	Roast vegetable, lemon orzo warm salad with spinach pesto	Cauliflower buffalo wings, vegan ranch dressing	Peri peri Quorn vegetable fried rice with sweet chilli mayonnaise	Tofu pad Thai with a crispy shallot and soy dressing	Ricotta and spinach cannelloni, with a caper dressing	Mexican veggie bean tostadas with guacamole and salsa	Roasted squash, sweet potato and lentil bake with a pomegranate dressing
Potatoes or Rice	Garlic ciabatta bread	Soy infused flat rice noodles	Spicy potato wedges with bbq sauce	Prawn crackers	Sautéed new potatoes	Mexican green rice	Thyme Roasted Potatoes
Vegetables & Salad	Steamed sweetcorn	Stir fried soy vegetables	Corn on the cob	Steamed pak-choi and bean shoots Spring rolls	Flat mushrooms Grilled tomatoes Onion rings Peas	Fajita style stir fried peppers and red onions	Honey Roasted Parsnips Seasonal Vegetables
'Grab & Go'	Selection of pizzas	Honey & garlic crunch chicken breast	Rockefeller pollack	Chilli salt and pepper chicken pieces	Spaghetti and meatballs parmesan cheese basil pesto	Pulled pork cheesy nachos with dips	---
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	Chocolate oat flapjack with a blueberry compote	Vanilla cheesecake	Lemon drizzle cake	Churros with chilli chocolate and marshmallows	Chefs dessert selection

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SUPPER WEEK TWO:



A BINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event						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	Indian	Soup of the Day
Main Meal	Fruited chicken tagine with a lemon honey yoghurt	Braised sausage casserole with cheesy cobblers	Chicken burger with brioche bun Garlic mayonnaise Cheese Cos lettuce	Salt and pepper squid with sweet chilli sauce	Sweet and sour chicken balls	Beef madras with poppadom's and raita	Roast pork shoulder Apple sauce Gravy
Main Vegetarian	Fruited chickpea tagine with a lemon honey yoghurt	Cheesy kale and cannellini bean pies	Panko breaded tofu burger with brioche bun	Soya bean and mushroom Malaysian laksa curry	Quorn and black bean sweet and sour	Onion and kale bhajis with mango chutney	Sage and white bean wellington with red wine gravy
Potatoes or Rice	Herby cous cous	Champ mashed potato	Paprika roasted sweet potato with a Cajun aioli	Stir fried vegetable egg noodles	Egg fried rice	Saag aloo Lemon rice	Thyme roasted potatoes
Vegetables & Salad	Roasted butternut squash with kale	Braised red cabbage Steamed peas	Street food slaw with fried tortilla wraps	Steamed peas Prawn crackers	Honey & ginger roasted carrots	Veggie samosas Roasted cauliflower, tomato and spinach	Seasonal vegetables Cheesy broccoli
'Grab & Go'	Indonesian pork rice pot with a toasted cumin seed dressing	Vegetable chow mein with prawn crackers	Thai infused pollack fillets with a chilli and ginger dressing	BBQ chicken wings with sour cream	Grilled halloumi wrap	Slow roasted tikka pork belly with peshwari naan breads	---
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	Fresh strawberry mousse	Butterscotch tarts with whipped cream	Brown butter chocolate chunk blondies	Warm blueberry cobbler with crème anglaise	Lemon bars	Shrikhand Parfait	Chefs dessert selection

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SUPPER WEEK THREE:



A BINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event						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	China	Soup of the day
Main Meal	Lebanese chicken shawarma wraps with hummus and tzatziki	Gammon pasta bake	Chicken curry	Chipotle and honey chicken with a salsa verde	Beef goulash	Crispy fried sweet and sour pork	Honey roasted gammon with a pineapple chutney Red wine gravy
Main Vegetarian	Breaded Quorn goujons shawarma wraps with hummus and tzatziki	Spiced falafel with pitta bread and garlic mayonnaise	Quorn keema korma with poppadoms	Mexican kidney bean tacos with salsa verde	Black bean and butternut squash stew with herby dumplings	Crispy tofu sweet and sour	Kale, mushroom and butterbean cottage pie with a sweet potato topping
Potatoes or Rice	Herby cous cous	Garlic bread	Basmati rice	Chilli braised rice	Garlic and thyme infused dauphinoise potatoes	Chinese soy fried rice Prawn crackers	Thyme roasted potatoes
Vegetables & Salad	Buttered corn on the cob	Roasted butternut squash and kale	Curried roasted cauliflower and baby spinach Onion bhaji	Roasted courgette and tomatoes	Steamed broccoli	Pak choi, bean shoot and Chinese cabbage stir fry	Seasonal vegetables Cauliflower cheese gratin
'Grab & Go'	Ham and cheddar quiche with a cherry tomato and basil salsa	Chicken ceaser salad	Breaded pollack with tartae sauce	Italian meatball in a rich tomato sauce with parmesan	Pollack fillets poached in a spinach and white wine sauce	Soy and honey chicken wings with sweet chilli sauce	-----
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	Banana cake loaf with mixed spice whipped cream	Strawberry jelly cheesecake	Lemon and poppy seed cupcake with blackberry frosting	Cherry plum chocolate pot	Lemon posset with a set raspberry coulis	Honey and ginger pancakes	Chefs dessert selection