


Menu

LUNCH WEEK ONE



A BINGDON


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	<i>Lentil and tomato soup</i>	<i>Celery and apple soup</i>	<i>Caribbean butterbean soup</i>	<i>Cream of celeriac soup</i>	<i>Champ potato soup</i>	--	<i>BRUNCH</i>
Salad Bar and Dressings	<i>Build your own salad bar with house dressings 3 homemade street style salads</i>	<i>Build your own salad bar with house dressings 3 homemade street style salads</i>	<i>Build your own salad bar with house dressings 3 homemade street style salads</i>	<i>Build your own salad bar with house dressings 3 homemade street style salads</i>	<i>Build your own salad bar with house dressings 3 homemade street style salads</i>	<i>Daily Seasonal Salad Bar</i>	----
Main Meal	<i>Cumberland sausage toad in the hole with red wine gravy</i>	<i>Chilli con Carne with sour cream dip & salsa</i>	<i>Creamy chicken, leek and sweetcorn pie</i>	<i>Roast crown of turkey with stuffing and gravy</i>	<i>Build your own beef burger with sliced cheese, tomatoes and dips</i>	<i>Chicken tikka kebabs with home made roti's</i>	<i>Full Brunch menu with chefs choice main course</i>
Main Vegetarian Vegan dishes available daily	<i>Planted Mexican open taco with charred sweetcorn salsa</i>	<i>Pineapple and lentil tikka dahl with fresh coriander salsa</i>	<i>Brie, tomato tart with a rocket pesto</i>	<i>Vegan butterbean and vegetable hotpot</i>	<i>Jackfruit burger with avocado salsa</i>	<i>Vegetable jalfrezi with lentils</i>	----
Carbohydrate	<i>Creamy mashed potato</i>	<i>Braised yellow rice</i>	<i>Buttered new potatoes and parsley</i>	<i>Garlic and thyme roasted potatoes</i>	<i>French fries</i>	<i>Saag aloo</i>	----
Vegetables	<i>Steamed green beans Braised red cabbage</i>	<i>Steamed sweetcorn Refried beans</i>	<i>Roasted carrots and sautéed leeks</i>	<i>Seasonal vegetables Cauliflower cheese</i>	<i>Baked beans Spicy half corn on the cobs</i>	<i>Asian coleslaw salad</i>	----
Grab and go	<u><i>Rice bar</i></u> <i>Sticky tabasco BBQ wings with rice</i>	<u><i>Pasta bar</i></u> <i>Creamy bacon carbonara Tomato and red pepper sauce Grated parmesan</i>	<u><i>Noodle bar</i></u> <i>Aromatic pork shoulder hotpot with puy lentils</i>	<u><i>Baguette bar</i></u> <i>Chef's selection of mixed baguettes with new potato salad</i>	<u><i>Pasta bar</i></u> <i>Cheesy tuna pasta bake with home made garlic bread</i>	<i>Kathi lamb kebabs with a yoghurt dressing</i>	----
Whole fruit	<i>Selection of Whole & Cut Fruit and a variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>
Cold Dessert	<i>Rhubarb oat crumble with custard</i>	<i>Pineapple upside down sponge with custard</i>	<i>Chilli chocolate brownie with whipped cream</i>	<i>Traditional chocolate sponge with chocolate sauce</i>	<i>Strawberry cheesecake</i>	<i>Ice cream selection</i>	 QUALITY OF LIFE SERVICES

Menu

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A BINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	<i>Mushroom and tarragon soup</i>	<i>Tomato and chickpea pasta soup</i>	<i>Sweet potato and pumpkin seed soup</i>	<i>Tuscan bean soup</i>	<i>Yellow split pea soup</i>	--	<i>BRUNCH</i>
Salad Bar and Dressings	<i>Build your own salad bar with house dressings 3 homemade street style salads</i>	<i>Build your own salad bar with house dressings 3 homemade street style salads</i>	<i>Build your own salad bar with house dressings 3 homemade street style salads</i>	<i>Build your own salad bar with house dressings 3 homemade street style salads</i>	<i>Build your own salad bar with house dressings 3 homemade street style salads</i>	<i>Daily Seasonal Salad Bar</i>	----
Main Meal	<i>Slow cooked beef bolognaise with garlic bread</i>	<i>Chicken tikka masala with poppadum's & mango chutney</i>	<i>Individual pie selections with gravy</i>	<i>Roasted pork loin with apple sauce</i>	<i>MSC breaded pollack fillet with tartare sauce and lemon slices</i>	<i>Reggae Reggae chicken and herb wrap with a rocket & watercress salad</i>	<i>Full Brunch menu with chefs choice main course</i>
Main Vegetarian Vegan dishes available daily	<i>Vegan butternut squash and spinach lasagne with a oregano and tomato chutney</i>	<i>Korean Tofu and stir fried vegetables with egg fried rice</i>	<i>Individual pie selections with gravy</i>	<i>Polenta cake with baby roasted onions</i>	<i>Tofu and vegetable kebabs with cous cous & harissa dip</i>	<i>Planted Greek taco stuffed with feta & a olive dressing</i>	----
Potatoes or Rice	<i>Penne pasta G/free pasta available</i>	<i>Braised rice</i>	<i>Creamy mashed potatoes</i>	<i>Rosemary roasted potatoes</i>	<i>Chunky skin on chips</i>	<i>Oven baked sweet potato wedges</i>	----
Vegetables	<i>Roasted butternut squash and green beans</i>	<i>Roasted peppers with sweetcorn</i>	<i>Honey glazed carrots</i>	<i>Seasonal mixed vegetables Cauliflower & broccoli cheese</i>	<i>Steamed peas Baked beans</i>	<i>Red cabbage pickled slaw Steamed sweetcorn</i>	----
Grab and Go	<u><i>Rice bar</i></u> <i>Teriyaki chicken, leek and red pepper stir-fry with crispy shallot rice</i>	<u><i>Baguette bar</i></u> <i>Chef's selection of mixed baguettes with new potato salad</i>	<u><i>Noodle bar</i></u> <i>Char sui belly of pork with stir fry vegetables and egg noodles Soy and chilli dressing</i>	<u><i>Pasta bar</i></u> <i>Chorizo and roasted pepper tomato sauce with grated cheese</i>	<u><i>Jacket potato bar</i></u> <i>Jacket potatoes & sweet potatoes with baked beans, tuna mayonnaise and grated cheddar</i>	<i>Grilled paprika BBQ pork rib steak with wedges</i>	----
Cut Fruit and Yoghurt Bar	<i>Selection of Whole & Cut Fruit and a variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>
Hot or Cold Dessert	<i>Apple and cinnamon crumble with custard</i>	<i>Chocolate ripple sponge with chocolate sauce</i>	<i>Steamed jam sponge with pouring cream</i>	<i>Sticky toffee apple cake with toffee sauce and custard</i>	<i>Chocolate bread and butter pudding with custard</i>	<i>Individual lemon meringue pies</i>	-----  QUALITY OF LIFE SERVICES

Menu

LUNCH WEEK THREE



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	<i>Tomato and basil soup</i>	<i>Curried parsnip soup</i>	<i>Vegetable goulash soup</i>	<i>Minestrone soup</i>	<i>Butternut squash and sweet pepper soup</i>	----	<i>BRUNCH</i>
Salad Bar and Dressings	<i>Build your own salad bar with house dressings 3 homemade street style salads</i>	<i>Build your own salad bar with house dressings 3 homemade street style salads</i>	<i>Build your own salad bar with house dressings 3 homemade street style salads</i>	<i>Build your own salad bar with house dressings 3 homemade street style salads</i>	<i>Build your own salad bar with house dressings 3 homemade street style salads</i>	<i>Daily Seasonal Salad Bar</i>	----
Main Meal	<i>Spicy chicken nachos with salsa & avocado creme</i>	<i>Pulled pork bap with garlic mayonnaise</i>	<i>Classic beef lasagne</i>	<i>Honey roast gammon with piccalilli and gravy</i>	<i>Southern fried chicken with BBQ sauce</i>	<i>Meat feast pizzas</i>	<i>Full Brunch menu with chefs choice main course</i>
Main Vegetarian Vegan dishes available daily	<i>Vegetarian burrito bowl, black turtle beans with crispy taco shells</i>	<i>Crispy chickpea gyros with feta and yoghurt dressing</i>	<i>Creamy vegan mushroom risotto with kale pesto</i>	<i>Squash, white bean and cranberry vegan wellington with gravy</i>	<i>Tofish finger wrap with cos lettuce and vegan paprika mayonnaise</i>	<i>Spinach and ricotta pizzas</i>	----
Potatoes or Rice	<i>Mexican green rice</i>	<i>Potato wedges</i>	<i>Herby garlic bread</i>	<i>Thyme roasted potatoes</i>	<i>Chunky skin on chips</i>	<i>Bacon and red Leicester stuffed jacket potatoes</i>	----
Vegetables	<i>Calabacitas (Mexican courgette & corn)</i>	<i>Mediterranean roasted vegetables</i>	<i>Chunky glazed carrots</i>	<i>Seasonal vegetables Braised red cabbage</i>	<i>Baked beans Steamed peas</i>	<i>Roasted peppers and baby spinach</i>	----
Grab and Go	<u><i>Pasta bar</i></u> <i>Creamy ham and pesto sauce Quorn and tomato sauce Grated parmesan</i>	<u><i>Noodle bar</i></u> <i>Spicy beef chow mein with spring rolls and sweet chilli sauce</i>	<u><i>Jacket potato bar</i></u> <i>Jacket potato & sweet potato with baked beans, tuna mayonnaise and grated cheddar</i>	<u><i>Rice bar</i></u> <i>Thai red chicken curry with basmati rice and sweet chilli sauce</i>	<u><i>Open sandwich bar</i></u> <i>Fish finger open taco with cos lettuce and paprika mayonnaise</i>	<i>Popcorn chicken with sweet chilli mayonnaise</i>	----
Cut Fruit and Yoghurt Bar	<i>Selection of Whole & Cut Fruit and a variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>
Hot or Cold Dessert	<i>Toffee apple oat crumble with custard</i>	<i>Vanilla and choc chip sponge with chocolate sauce</i>	<i>Apple pie with custard</i>	<i>Hot chocolate fudge cake with whipped raspberry cream</i>	<i>Butter scones stuffed with strawberry jam and cream</i>	<i>Lemon posset</i>	----

Menu

SUPPER WEEK ONE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event			LIVE COOKING EVENING			PIZZA NIGHT	
Fresh Soups and a Selection of Fresh Breads	<i>Soup of the Day</i>	<i>Soup of the Day</i>	<i>Soup of the Day</i>	<i>Soup of the Day</i>	<i>Soup of the Day</i>	<i>Soup of the Day</i>	<i>Soup of the Day</i>
Main Meal	<i>Crispy sweet and sour chicken with a pineapple chutney</i>	<i>Pan fried pork loin peppercorn sauce</i>	<i>Indonesian stir fry beef noodles</i>	<i>Hot Dogs Crispy onions American mustard Garlic mayo</i>	<i>Katsu chicken curry with fragrant rice</i>	<i>Pepperoni and Cajun Chicken Pizza Prawn and Mascarpone Pizza</i>	<i>Selection of roast meats Yorkshire Puddings Red wine gravy Horseradish cream Mint sauce apple sauce</i>
Main Vegetarian	<i>Teriyaki tofu and vegetable stir fry</i>	<i>Ricotta and spinach cannelloni, with a caper dressing</i>	<i>Indonesian stir fry Quorn noodles</i>	<i>Vegetable and bean Burrito with a tomato Salsa</i>	<i>Quorn and Black bean Bao Buns</i>	<i>Feta, Slow Roasted Tomato and Rocket Pizza</i>	<i>Butterbean and Spinach Pie</i>
Potatoes or Rice	<i>Egg fried rice Prawn crackers</i>	<i>French fries</i>	<i>Spring rolls Sweet chilli sauce Soy sauce</i>	<i>Spicy potato wedges</i>	<i>Crispy Shallot Rice</i>	----	<i>Thyme Roasted Potatoes</i>
Vegetables & Salad	<i>Pak choi, red peppers and Chinese leaf</i>	<i>Flat mushrooms Grilled tomatoes Onion rings Peas</i>	<i>Pak choi and bean shoots</i>	<i>Caesar salad</i>	<i>Onion bhajis Spicy street corn</i>	<i>Caribbean Coleslaw Steamed broccoli</i>	<i>Seasonal Vegetables Braised Red Cabbage</i>
'Grab & Go'	<i>Chinese BBQ pork ribs with sweet chilli sauce</i>	<i>Spaghetti and meatballs Parmesan cheese Basil pesto</i>	<i>Tuna pasta bake Garlic bread</i>	<i>Glazed miso cod with Asian rice noodle broth</i>	<i>Croque monsieur</i>	<i>Beef Chilli Nachos</i>	----
Cut Fruit and Yoghurt Bar	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>
Hot or Cold Dessert	<i>Vanilla panna cotta</i>	<i>Individual banoffee pies</i>	<i>Oreo cookie delight</i>	<i>Vanilla cheesecake</i>	<i>Lemon drizzle cake</i>	<i>Portuguese custard tarts</i>	<i>Apple & blackberry pie and custard</i>

Menu

SUPPER WEEK TWO



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event			LIVE COOKING EVENING			CURRY NIGHT	
Fresh Soups and a Selection of Fresh Breads	<i>Soup of the Day</i>	<i>Soup of the Day</i>	<i>Soup of the Day</i>	<i>Soup of the Day</i>	<i>Soup of the Day</i>	<i>Soup of the Day</i>	<i>Soup of the Day</i>
Main Meal	<i>Lemon and thyme chicken thighs with cream of mushroom sauce</i>	<i>Maple and BBQ pork ribs</i>	<i>Teriyaki salmon fillet with chilli and Coriander seed dressing</i>	<i>Pulled pork dirty fries with mozzarella and jalapenos with garlic mayonnaise</i>	<i>Beef bolognese pasta bake</i>	<i>Beef madras Chicken bhuna Mango chutney Raita</i>	<i>Selection of roast meats Yorkshire Puddings Red wine gravy Horseradish cream Mint sauce, apple sauce</i>
Main Vegetarian	<i>Butterbean and pumpkin stew</i>	<i>Baked feta with spinach and chickpeas</i>	<i>Tofu and pak choi stir-fry</i>	<i>Pulled jackfruit dirty fries with mozzarella and jalapenos with garlic mayonnaise</i>	<i>Sun dried tomato and wild mushroom tagliatelle</i>	<i>Vegan lentil dhal</i>	<i>Sage and white bean wellington with gravy</i>
Potatoes or Rice	<i>Parmentier potatoes</i>	<i>Garlic & parmesan potato wedges</i>	<i>Chilli egg noodles</i>	<i>French fries</i>	<i>Sun dried tomato and parmesan flatbread</i>	<i>Pilau rice Saag aloo</i>	<i>Thyme roasted potatoes</i>
Vegetables & Salad	<i>Honey roasted carrots</i>	<i>Corn on the cobs</i>	<i>Prawn crackers Vegetable spring rolls</i>	<i>Lemon and rosemary roasted courgettes</i>	<i>Roasted root vegetables in a maple glaze</i>	<i>Onion bhajis Samosa's Poppadums'</i>	<i>Seasonal vegetables Cauliflower cheese</i>
'Grab & Go'	<i>Singapore devilled pork curry with soy infused basmati rice</i>	<i>Meat feast pizza</i>	<i>Vegan Swedish meatballs</i>	<i>Ham and cheddar quiches with a rocket dressing</i>	<i>Thai prawn noodle broth with Asian dressing</i>	----	----
Cut Fruit and Yoghurt Bar	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>
Hot or Cold Dessert	<i>Poppy seed and lemon muffins</i>	<i>Lemon posset with raspberry coulis</i>	<i>Abingdon style meringue mess</i>	<i>Double chocolate mousse with marshmallows and shortbread</i>	<i>Carrot cake</i>	<i>Cherry and oat squares</i>	<i>Peach and raspberry crumble with custard</i>

Menu

SUPPER WEEK THREE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event			LIVE COOKING EVENING			NANDO'S NIGHT	
Fresh Soups and a Selection of Fresh Breads	<i>Soup of the Day</i>	<i>Soup of the Day</i>	<i>Soup of the Day</i>	<i>Soup of the Day</i>	<i>Soup of the Day</i>	<i>Soup of the Day</i>	<i>Soup of the Day</i>
Main Meal	<i>Moroccan slow cooked beef brisket</i>	<i>Popcorn chicken flat bread with confit hummus and BBQ sauce</i>	<i>Rump steak ramen noodle pot with pickled radish and chilli</i>	<i>Chorizo and red pepper pasta bake with mozzarella</i>	<i>Thai red chicken curry with bean shoots</i>	<i>Nando's style peri peri chicken</i>	<i>Selection of roast meats Yorkshire Puddings Red wine gravy Horseradish cream Mint sauce, apple sauce</i>
Main Vegetarian	<i>Jackfruit and butterbean stew</i>	<i>Falafel and hummus flat bread</i>	<i>Tofu steak ramen noodle pot with pickled radish and chilli</i>	<i>Black bean, red pepper and baby spinach orzo with mozzarella</i>	<i>Quorn and soya bean massaman curry</i>	<i>Roasted Portobello mushroom with grilled halloumi</i>	<i>Butternut squash, lentil and baby spinach stew</i>
Potatoes or Rice	<i>Warm fruited bulgar wheat salad</i>	<i>Paprika roasted parmentier potatoes</i>	<i>Chilli noodles Prawn crackers</i>	<i>Garlic and cheddar doughballs</i>	<i>Sticky Thai rice Duck spring rolls</i>	<i>Portuguese peri salted chips</i>	<i>Thyme Roasted Potatoes</i>
Vegetables & Salad	<i>Roasted red pepper, chickpea and baby spinach</i>	<i>Roasted squash and spinach with pumpkin seeds</i>	<i>Stir fried vegetables</i>	<i>Steamed sweetcorn</i>	<i>Stir fried pak choi, Chinese cabbage and baby corn</i>	<i>Buttered corn on cob Slaw</i>	<i>Honey Roasted Parsnips Seasonal Vegetables</i>
'Grab & Go'	<i>Chargrilled chicken breast with ranch salad</i>	<i>Korean style pork rice bowl with spring onion</i>	<i>Tikka style chicken kebabs with a yoghurt dressing</i>	<i>Greek style hake fillet with Greek salad</i>	<i>Spicy cumin seed sausage roll with mango chutney</i>	<i>Cauliflower sweet potato burgers with cucumber and siracha aioli</i>	---
Cut Fruit and Yoghurt Bar	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>	<i>Asian style fruit platter and a Variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>	<i>Selection of Whole & Cut Fruit and a Variety of Yoghurts</i>
Hot or Cold Dessert	<i>Double chocolate brownie with whipped raspberry cream</i>	<i>Lemon meringue pie</i>	<i>Rocky road</i>	<i>Crepes with a caramel sauce</i>	<i>Crème patisserie with shortbread</i>	<i>Cookies and ice cream</i>	<i>Waffles with belgian chocolate</i>