LUNCH WEEK ONE



	Mendeu	Tuesday		Thursday	Erider	Cotundou	Cunday.
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Wonky vegetable broccoli soup with fresh olive bread and a rocket pesto	Caribbean butter bean soup with fresh focaccia bread and toasted pumpkin seeds	Wonky Cheese & leek soup with fresh white bread and toasted sunflower seeds	Cream of garden pea soup with fresh sun dried tomato bread and cheesy croutons	Cream of tomato & basil soup with fresh white bread and a basil oil	Roasted courgette soup with fresh olive bread and basil croutons	BRUNCH
Salad Bar and Dressings	Build your own salad bar with house dressings	Build your own salad bar with house dressings	Build your own salad bar with house dressings	Build your own salad bar with house dressings	Build your own salad bar with house dressings	Build your own salad bar with house dressings	
	Pesto baby spinach pasta salad with cherry tomatoes	Roasted Mediterranean vegetable cous cous salad	Asian chilli egg noodle salad with crispy shallots	Fennel roasted cauliflower with quinoa and	POWERING PERFORMANCE Nacho mixed bean salad with sour cream	Curried new potato salad	
Main Meal	Mexican chicken & bean chilli with a coriander salsa	Beef bolognaise with garlic bread	Lemon & thyme roasted chicken thigh with a salsa verde	Honey roasted gammon with gravy	Hot dogs with crispy onions	Ciabatta chicken & pepper pizzas	Full Brunch menu with chefs choice main course Ham and cheese panini Cheese and tomato panini
Main Vegetarian Vegan dishes available daily	Vegan pineapple & lentil dahl with fresh coriander salsa	Roasted vegetable wholemeal pasta bake	Herby vegetable and lentil casserole	Vegetarian sausage wellington with a red wine jus	Quorn hot dog roll	Ciabatta cheese & tomato pizza	
Carbohydrate	Braised aromatic rice	Penne pasta Gluten free pasta	Buttered new potatoes and parsley	Garlic and thyme roasted potatoes	Skin on chips	Baked sweet potato wedges	
Vegetables	Steamed green beans	Glazed sliced carrots	Steamed sweetcorn	Seasonal vegetables	Baked beans Corn on the cobs	Korean slaw	
Grab and go	<u>Rice bar</u> Herby sausage roll with tomato chutney	<u>Wrap bar</u> <u>POWERING</u> <u>PERFORMANCE</u> Chicken guacamole wrap with salsa and a spicy potato wedges	Grab & go Street feta and grilled vegetable rice pot	<u>Pasta bar</u> Tomato and basil sauce with grated cheddar	Jacket potato bar Jacket potatoes, sweet potatoes with baked beans and grated cheese	BBQ pork loin steak with a maple BBQ sauce	
Whole fruit	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
Cold Dessert	Apple & cinnamon crumble with custard	Double chocolate sponge with chocolate sauce	Kale chocolate brownie with chocolate custard	Steamed jam sponge with custard	Baked coconut rice pudding with strawberry jam	lce cream sundaes with marshmallows and dressings	

LUNCH WEEK TWO



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	Wonky vegetable leek & potato soup with fresh olive bread and a rocket pesto	'Future 50' Spiced red lentil soup with fresh focaccia bread and toasted pumpkin seeds	'Future 50' Japanese miso soup with fresh white bread and toasted sunflower seeds	Wonky vegetable celeriac, courgette & basil soup with fresh sun dried tomato bread and cheesy croutons	Cream of chunky tomato soup fresh white bread and a basil oil	Roasted courgette soup with fresh olive bread and basil croutons	BRUNCH
Salad Bar and Dressings	Build your own salad bar with house dressings	Build your own salad bar with house dressings	Build your own salad bar with house dressings	Build your own salad bar with house dressings	Build your own salad bar with house dressings	Build your own salad bar with house dressings	
	Street Caesar salad with crispy bacon lardons	Street charred corn salad with tortilla chips & sour cream dressing	BLT pasta orzo salad with cos lettuce	POWERING PERFORMANCE Tuna & cauliflower mixed grain salad	Puy lentil salad with sun dried tomato & spinach	Spicy chickpea & quinoa salad	
Main Meal	Aromatic beef mince masala with a yoghurt dressing	Baked macaroni cheese & bacon with a kale pesto dressing	Nando's style peri peri chicken with Portuguese chilli sauce	Roasted pork loin with apple sauce and red wine gravy	MSC oven baked breaded pollack fillet with tartare sauce	Ham and cheese toasted panini	Full Brunch menu with chefs choice main course Teriyaki chicken stir-fry with basmati rice
Main Vegetarian Vegan dishes available daily	'Future 50' Street food Moroccan Quorn & soya falafel khobez wrap	Broccoli, leek and macaroni bake with a kale pesto dressing	POWERING PERFORMANCE Chilli Quorn & kidney bean burrito with a salsa dressing	Potato, spring onion, cauliflower and cheddar pie with a red wine gravy	Street themed Vegan cantina buttermilk burger with slaw	Cheddar cheese and tomato panini	
Potatoes or Rice	Braised turmeric rice	Herby garlic bread slice	Spicy Portuguese rice with beans	Roasted garlic & rosemary potatoes	Rustic skin on chips	Croquette potatoes with paprika mayonnaise	
Vegetables	Steamed green beans	Glazed sliced carrots	Peri peri house slaw Steamed sweetcorn	Hand mixed vegetables	Steamed peas Baked beans Mushy peas	Rich ratatouille	
Grab and Go	POWERING PERFORMANCE Soffritto chicken with spelt, beans & kale	Street food themed turkey kofta with salad and toasted pitta breads with cucumber raita	Mexican MSC fish baja tortilla wrap with a yoghurt and lime dressing	Ratatouille & mozzarella pasta bake with a spinach & basil oil	Jacket potato bar with baked beans & grated cheddar	Olive & sun blushed tomato risotto with a yellow cherry tomato chutney	
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	Apple marbled sponge with custard	Sticky toffee pudding with toffee sauce and custard	Cherry & apple crumble with custard	Cornflake crunch tart	Baked banana sponge with custard	Malteser cheesecake pots	

LUNCH WEEK THREE

Menu

ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	'Future 50' lentil & tomato soup with fresh olive bread and a rocket pesto	Wonky vegetable carrot & coriander soup with fresh focaccia bread and toasted pumpkin seeds	'Future 50' spicy butternut squash & coconut soup with fresh white bread and toasted sunflower seeds	Cream of mushroom soup with fresh sun dried tomato bread and cheesy croutons	Wonky vegetable soup with fresh white bread and a basil oil	Caramelised red onion soup with fresh olive bread and basil croutons	BRUNCH
Salad Bar and Dressings	Build your own salad bar with house dressings	Build your own salad bar with house dressings	Build your own salad bar with house dressings	Build your own salad bar with house dressings	Build your own salad bar with house dressings	Build your own salad bar with house dressings	
	Japanese miso & brown rice with broccoli	Avocado Panzanella salad with slow roasted cherry tomatoes	Street style wild rice salad with feta & coriander oil	POWERING PERFORMANCE Soybean & pumpkin stir-fry salad	Street Greek feta salad with caramelised red onions	Asian rice salad with pak choi and crispy shallots	
Main Meal	Cumberland sausages with a rich onion gravy	Thai green chicken curry with sweet chilli sauce	Slow cooked BBQ pulled pork bap with garlic mayonnaise	Roast chicken with sage & onion stuffing with red wine gravy	Pepperoni and mozzarella pizzas	Spicy chicken fajitas with sour cream	Full Brunch menu with chefs choice main course Italian spaghetti and meatballs with parmesan cheese
Main Vegetarian Vegan dishes available daily	Crispy vegan sausage roll with a rich onion gravy	POWERING PERFORMANCE Matar paneer pea curry with lime pickle	Street themed pulled jackfruit bap with a vegan mayonnaise	Herby gnocchi with roasted butternut squash & goats cheese	Mozzarella and sun dried tomato pizzas	Spicy vegetable bean fajitas with sour cream	
Potatoes or Rice	Creamy mashed potato	Fragrant braised rice	Lightly spiced oven baked potato wedges	Thyme roasted crispy potatoes	French fries	Roasted candied sweet potatoes	
Vegetables	Glazed sliced carrots and spiced braised red cabbage	Oven roasted peppers with green beans	Pickled red cabbage slaw Steamed sweetcorn	Seasonal fresh vegetables	Baked beans Steamed peas	Sautéed mange tout and carrots	
Grab and Go	POWERING PERFORMANCE Street style Caribbean rice bean pot with a salsa dressing	<u>Baguette bar</u> Ham and cheese Cheese and tomato	POWERING PERFORMANCE Teriyaki beef and mushroom stir-fry with a honey & soy dressing	Pasta bar Penne pasta with creamy ham carbonara sauce & basil oil	Jacket potato bar Jacket potato & sweet potato with baked beans, cheese & tuna mayonnaise	<u>Rice pot bar</u> Mexican beef chilli with braised 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	Apple & banana crumble with custard	Ginger, lemon and honey steamed sponge with custard	Toasted welsh cakes with whipped cream and jam	Vanilla American cheesecake with a blueberry compote	Chocolate rice krispy cake	Ice cream pots	

SUPPER WEEK ONE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event	Asian themed night					Street food theme night	
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	Char sui of pork belly stir fry with crispy vegetable spring rolls	Japanese chicken fillet with katsu sauce	Lamb shepherds pie with cheesy mash Red wine gravy	Seafood paella with a Siracha mayonnaise	Mexican beef picadillo Tomato salsa	Street Americana beef burgers with sliced cheese & chipotle sauce	Roast turkey crown with stuffing, gravy & cranberry sauce
Main Vegetarian	Quorn stir-fry with ginger noodles & sweet chilli sauce	Japanese Quorn fillet with katsu curry	Vegetable bean and Quorn champ pie	Quorn & pepper paella a Siracha mayonnaise	Three bean chilli with tomato salsa	Street halloumi burger with hummus and peppers	Vegetable bean champ pie
Potatoes or Rice	Chilli stir fried egg noodles	Basmati rice with crispy shallots	Cheesy mashed potato	Garlic & coriander flatbread	Braised turmeric rice	Dirty fries with jalapenos	Thyme Roasted Potatoes
Vegetables & Salad	Stir fried Chinese leaf and pak choi	Roasted onions & butternut squash	Oven roasted root vegetables	Lemon roasted courgettes	Refried beans Sweetcorn	Battered onion rings BBQ beans	Seasonal Vegetables Cauliflower cheese
'Grab & Go'	Malaysian coconut pollack fillet with sweet chilli sauce	Chilli lemon and garlic marinated pork with a chilli and parsley dressing	Tomato and mozzarella toastie with garlic aioli	Roasted jerk chicken thighs	Korean style pulled pork	Sticky BBQ pork ribs	
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	Banoffee pie pots	Berry chocolate mousse	Zesty cheesecake	Sweet Belgian waffles	Millionaire shortbread squares	Chocolate raisin cookie	Chefs choice



SUPPER WEEK TWO



QUALITY OF LIFE SERVICES

Trash Soups and a BreadsSoup of the DaySoup of the DayS		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Selection of Fresh Breads Rich chicken chasseur with caramelised silver skin onions Arabic lamb bindi with mid curry suite & mango chutney Street food crispy gafic mayonnaise POWERING PER-DRMANCE Chicken cacciatore with a green olive tapenade Thai beef penang curry with sweet chill suice Ke de an and suice Main Vegetarian Butternut squash & cheddar cheese crumble with orgetarian gravy Green jackfruit sweet potato curry with mango chutney Street food crispy talefel & blue cheese burger with agrien olive and cottage cheese burger with garie. Japanese terlyaki tori & roasted wegetables Ke cheddar cheese crumble with argo chutney Ke potato curry with mango chutney Carbohydrate Clapshot mashed potato Mini poppadoms Roasted potato rosemary Herby buttered lagilatelle Malay sticky jasmine ree with crispy spinach and chickpeas Fr ree with crispy spinach and chickpeas Roasted mostor regetables with galidetile Malay sticky jasmine ree with crispy Fr ree with crispy spinach and chickpeas 'Grab & Go' Spicy bacon & tomat pasta sauce parmesan POWERING PERFORMANCE spinaeple saisa Moroccan Quorn & soya falafel khobe wages with chermoula Spicy vegetables coriander seed dravising with chirmichurri dressing Co wages with a chirmichurri dressing Co wages with a culf ruit and a variety of Yoghurts Selection of Whole & Cul Fruit and a variety of Yoghurts Selection of Whole & Cul Fruit and a variety of Yoghurts Selection of Whole & Cul Fruit and a variety of Yogh	vent						High street themed evening	
Characterizationchasseur with caramelised silver skin onionswith mild curry sauce & mango chutneycod fillel burger with garic mayonnaise PERFORMANCE Chicken cacalatore with a green olive tapenadecurry with sweet chilli saucechMain VegetarianButternut squash & cheddar cheese crumble with a vegetarian gravyGreen jackfruit sweet potato curry with mango chutneyStreet food crispy falefel & blue cheese burger with garic mayonnaiseAubergine, courgette and cottage cheese bake with a greenJapanese teriyaki tolu & roasted vegetablesKe che cheese burger with garic mango chutneyAubergine, courgette and cottage cheese bake with a greenJapanese teriyaki tolu & roasted vegetablesKe che che che potatoKe che che potatoMalay sticky jasmine rice with crispy shallotsKe che che che mango chutneyKe stiele & bake with a green onice lapanadeMalay sticky jasmine rice with crispy shallotsFr rice with crispy shallotsKe che che mango chutneyVegetables & SaladThyme roasted root vegetablesGarlic & coriander onion bhajis Turmeric roasted califiowerRoasted peppers, soya falafel khobez wraps with chermoulaRoasted courne with sovap che min with sovap che min with a greenGarlic pak choi & choi & coin and a sovap che with a che with a che mound and a coin and ressingRoasted regetables che with a che mush and che mush and che mush and che mush and che mush and che pat choi & coin and ressingSelection of Whole & coin and ressingSelection	election of Fresh	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
Carbolydratecheddar cheese crumble with a vegetarian gravypotato curry with mango chutneyfalafel & blue cheese burger with garic mayonnaiseand cottage cheese burger with garic olive tapenadetofu & roasted vegetablesoch andCarbohydrateClapshot mashed potatoMini poppadomsRoasted potato wedges with garic cosmaryHerby buttered tagliatelleMalay sticky jasmine rice with crispy shallotsFrVegetables & SaladThyme roasted root vegetablesGarlic & coriander Turmer croasted cauliflowerRoasted peppers, baby spinach and chickpeasRoasted peppers, baby spinach and chickpeasRoasted peppers, baby spinach and chickpeasRoasted vegetable mushroom stir-fryGarlic pak choi & mushroom stir-fryHerby buttered tagliatelleGarlic pak choi & mushroom stir-fryGarlic pak choi & secondGarlic pak choi & mushroom stir-fryGarlic pak choi & secondGarlic pak choi & mushroom stir-fryGarlic pak choi & secondGarlic pak choi & mushroom stir-fryGarlic pak choi & mushroom stir-fryGarlic pak choi & mushroom stir-fry	lain Meal	chasseur with caramelised silver	with mild curry sauce	cod fillet burger with	PERFORMANCE Chicken cacciatore with a green olive	curry with sweet chilli	Kentucky fried chicken with gravy and BBQ sauce	Roast pork belly with spiced apple puree and gravy
Vegetables & SaladThyme roasted root vegetablesGarlic & coriander onion bhajis Turmeric roasted cauliflowerRoasted peppers, baby spinach and chickpeasRoasted wediterranean vegetables with rosemaryGarlic pak choi & mushroom stir-fryHe Co Co Sol'Grab & Go'Spicy bacon & tomato pasta sauce with grated 	lain Vegetarian	cheddar cheese crumble with a	potato curry with	falafel & blue cheese burger with garlic	and cottage cheese bake with a green	tofu & roasted	Kentucky fried NO chicken with gravy and BBQ sauce	Crispy polenta cakes with roasted onions & red wine gravy
Vegetablesonion bhajis Turmeric roasted cauliflowerbaby spinach and chickpeasMediterranean vegetables with rosemarymushroom stir-fry SciCc Sci'Grab & Go'Spicy bacon & tomato pasta sauce with grated parmesanPOWERING PERFORMANCE Grilled chicken skewers with a pineapple salsaMoroccan Quorn & soya falafel khobez wraps with chermoulaSpicy vegetable chow mein with soya beans and a coriander seed dressingRoasted vegetable 	arbohydrate	'	Mini poppadoms	wedges with garlic &		rice with crispy	French fries with garlic mayonnaise	Garlic roasted potatoes
Total of ControlTotal of pasta sauce with grated parmesanPERFORMANCE Grilled chicken skewers with a pineapple salsasoya falafel khobez wraps with chermoulachow mein with soya beans and a coriander seed dressingquiche with a chimichurri dressingwith mather chimichurri dressingCut Fruit and Yoghurt BarSelection of Whole & Cut Fruit and a Variety of YoghurtsSelection of YoghurtsSelection of Yoghurts	egetables & Salad		onion bhajis Turmeric roasted	baby spinach and	Mediterranean vegetables with		House slaw Corn on the cob Southern beans	Seasonal vegetables Braised red cabbage
Bar Cut Fruit and a Cut Fruit	Grab & Goʻ	tomato pasta sauce with grated	PERFORMANCE Grilled chicken skewers with a	soya falafel khobez wraps with	chow mein with soya beans and a coriander seed	quiche with a	Crispy popcorn pots with lemon mayonnaise	
Hot or Cold Dessert Caramel cheesecake Banana, honey, Cherry & vanilla Poppy seed & lemon Glazed baked egg Ma		Cut Fruit and a	Cut Fruit and a	Cut Fruit and a	Cut Fruit and a	Cut Fruit and a	Selection of Whole & Cut Fruit and a Variety of Yoghurts	Selection of Whole & Cut Fruit and a Variety of Yoghurts
Greek yoghurt crumble dessert pot drizzle loaf with a custard ice	lot or Cold Dessert	Caramel cheesecake	Greek yoghurt		honeyed whipped		Mars bar chocolate ice cream Krushem's with chocolate bark	Chefs choice dessert

SUPPER WEEK THREE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event				Thai themed evening		Asian themed evening	
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	Baked lemon chicken legs with a coriander & lemon yoghurt dressing	'Future 50' beef & lentil lasagne with a cherry tomato relish	Street style cod fish finger wrap with tartare sauce	Thai red beef curry with prawn crackers & sweet chilli sauce	POWERING PERFORMANCE Slow braised turkey and quinoa chilli with a tomato salsa	Aromatic beef five spice stir fry with a soy dressing	Honey roast gammon with gravy and piccalilli
Main Vegetarian	Courgette, feta and potato Kuku with a coriander & lemon yoghurt dressing	'Future 50' Quorn & spinach lasagne with a cherry tomato relish	Street style tofish wrap with vegan tartare sauce	Vegetable pad Thai with sweet chilli sauce	Vegetable chickpea chilli with tomato salsa	Vegetable crispy tempura with chilli jam	Oven baked polenta cakes with slow roasted onions
Potatoes or Rice	Roasted turmeric & onion potatoes	Herby garlic bread slices	Spicy oven baked potato wedges	Fragrant braised basmati rice with crispy shallots	Coconut braised rice	Chilli stir fried egg noodles	Thyme roasted potatoes
Vegetables & Salad	Home made onion bhajis	Steamed peas & sweetcorn	Steamed curly kale	Stir fried pak choi, Chinese leaf and red peppers	Oven roasted Mediterranean vegetables	Roasted peppers & green beans	Seasonal vegetables Broccoli & cauliflower cheese bake
'Grab & Go'	Penne pasta bake with cherry tomatoes & spring onions	Puy lentil, bacon & sausage casserole	Italian Quorn & tomato bolognaise with pasta	Thai style lamb skewers with a soy dressing	Cheese, ham & mustard toastie	Spicy Korean fried chicken wings	
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	Asian style fruit platter 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	Baked chocolate beetroot cake with whipped cream	Chocolate cheesecake pots	Strawberry Eton mess	Raspberry syllabub	Crunchy oat flapjacks	Profiteroles with chocolate sauce	Chefs choice

