

Menu

LUNCH WEEK ONE



A BINGDON


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	<i>Wonky butternut squash & apple soup with fresh olive bread and a rocket pesto</i>	<i>Roasted curried parsnip soup with fresh focaccia bread and toasted pumpkin seeds</i>	<i>Wonky carrot, cumin & thyme soup with fresh white bread and toasted sunflower seeds</i>	<i>'Future 50' Hot & sour vegetable soup with fresh sun dried tomato bread and cheesy croutons</i>	<i>Watercress, roquette & potato soup with fresh white bread and a basil oil</i>	<i>Wonky vegetable soup with fresh olive bread and basil croutons</i>	BRUNCH
Salad Bar and Dressings	<i>Moroccan lentil salad with a chickpea harissa dressing</i>	<i>Mexican shaved salad bowl with a spicy dressing</i>	<i>'Future 50' Tabbouleh salad with a basil pesto</i>	<i>Roasted garlic & green bean salad</i>	<i>Roasted fennel & apple slaw salad</i>	<i>Spicy mixed bean salad with a yoghurt dressing</i>	----
Main Meal	<i>Spicy chicken fajitas with tomato salsa</i>	<i>Cumberland sausages with red onion gravy</i>	<i>Future 50 Beef & lentil lasagne with a oregano dressing</i>	<i>Honey roasted gammon with gravy</i>	<i>Oven baked MSC breaded pollack with lemon wedges & tartare sauce</i>	<i>Southern style BBQ chicken wings with sour cream</i>	<i>Full Brunch menu with chefs choice main course</i>
Main Vegetarian Vegan dishes available daily	<i>Spicy Quorn and mixed bean fajitas with tomato salsa</i>	<i>Vegan sausage rolls with red onion gravy</i>	<i>Future 50 Ricotta & tomato bake with a oregano dressing</i>	<i>Shepardess pie with cheesy mash & greens</i>	<i>Tofish wrap with cos lettuce & vegan tartare sauce</i>	<i>Southern style cauliflower wings with dips & slaw</i>	----
Carbohydrate	<i>Mexican green rice</i>	<i>Creamy mashed potato</i>	<i>Herby garlic bread slices</i>	<i>Garlic and thyme roasted potatoes</i>	<i>Skin on chips</i>	<i>Dirty rice & beans</i>	----
Vegetables	<i>Steamed sweetcorn</i>	<i>Steamed green beans</i>	<i>Glazed sliced carrots</i>	<i>Seasonal vegetables</i>	<i>Baked beans Steamed peas</i>	<i>Cajun house slaw</i>	----
Grab and go	<u><i>Baguette bar</i></u> <i>Ham & cheddar baguettes Tuna mayonnaise baguettes Vegan baguettes With a new potato salad</i>	<u><i>Pasta bar</i></u> <i>Creamy bacon carbonara with penne pasta</i>	<u><i>Rice bar</i></u> <i>Chicken vegetable fried rice with soy sauce</i>	<u><i>Pasta bar</i></u> <i>Tomato Pomodoro sauce with grated cheddar</i>	<u><i>Jacket potato bar</i></u> <i>With beef chilli, tuna mayonnaise, baked beans & grated cheddar</i>	<u><i>Noodle bar</i></u> <i>Peking style pork with chilli noodles & sweet chilli sauce</i>	<u><i>Grab & Go</i></u> <i>Ham and cheese panini Cheese and tomato panini</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>Apple & cinnamon crumble with custard</i>	<i>Chocolate sponge with chocolate sauce</i>	<i>Chocolate rice krispy cake</i>	<i>Vanilla bread & butter pudding with custard</i>	<i>Creamy rice pudding with strawberry jam</i>	<i>Chocolate profiteroles with warm chocolate sauce</i>	----

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A BINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	<i>Wonky carrot, honey & ginger soup with fresh olive bread and a rocket pesto</i>	<i>Creamy sweet potato & red pepper soup with fresh focaccia bread and toasted pumpkin seeds</i>	<i>'Future 50' Japanese miso soup with fresh white bread and toasted sunflower seeds</i>	<i>Middle eastern turmeric & cauliflower soup with fresh sun dried tomato bread and cheesy croutons</i>	<i>Chunky tomato soup fresh white bread and a basil oil</i>	<i>Wonky vegetable soup with fresh olive bread and basil croutons</i>	BRUNCH
Salad Bar and Dressings	<i>Chinese noodle salad with crispy shallots</i>	<i>Caesar dressed salad with parmesan shavings</i>	<i>Greek feat salad with a basil dressing</i>	<i>Pesto & green vegetable pasta salad</i>	<i>Red quinoa, kale, spinach & roast sweet potato</i>	<i>Celeriac & apple slaw</i>	----
Kitchen Classics	<i>Beef chilli con carne with nachos, salsa & sour cream</i>	<i>Moroccan chicken stew with an orange marmalade</i>	<i>Bacon carbonara with a pumpkin seed pesto</i>	<i>Roast pork shoulder with apple sauce & a rich red wine gravy</i>	<i>Tomato & mozzarella meatball sub</i>	<i>Mexican chicken poke bowl with a red pepper salsa</i>	<i>Full hot breakfast with pastries, yoghurts</i>
Main Vegetarian Vegan dishes available daily	<i>Sweet potato & chickpea tikka masala</i>	<i>Butternut squash, broccoli & feta frittata</i>	<i>Vegan sweet potato cake with a vegan coriander mayonnaise</i>	<i>Caramelised onion & goats cheese tart</i>	<i>Sun dried tomato & mozzarella cheese sub</i>	<i>Mexican tofu poke bowl with a red pepper salsa</i>	----
Potatoes or Rice	<i>Mexican green rice</i>	<i>Herb infused cous cous</i>	<i>Penne pasta Garlic bread</i>	<i>Thyme roasted potatoes</i>	<i>French fries</i>	<i>Spicy potato wedges with paprika mayonnaise</i>	----
Vegetables	<i>Steamed sweetcorn</i>	<i>Honey glazed carrots</i>	<i>Minted broccoli, peas and baby spinach</i>	<i>Hand mixed vegetables</i>	<i>Baked beans Corn on the cob</i>	<i>Roasted peppers & crispy chickpeas</i>	----
Grab and Go	<u>Baguette bar</u> <i>Ham & cheese baguettes Cheddar & tomato baguettes With a new potato salad</i>	<u>Pasta bar</u> <i>Fusilli pasta with tomato & basil sauce with grated cheese</i>	<u>Steak bar</u> <i>Pan fried pork chop steak with sautéed potatoes and a olive tapenade</i>	<u>Rice pot bar</u> <i>Chicken nasi goreng with a chilli & soy dressing</i>	<u>Jacket potato bar</u> <i>with beef chilli, tuna mayonnaise, baked beans & grated cheddar</i>	<u>Grab & Go</u> <i>BBQ pork ribs with a garlic mayonnaise</i>	<u>Grab & Go</u> <i>Pan fried pork escalope with a caper dressing Roasted Quorn fillet with a caper 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>White chocolate raspberry sponge with custard</i>	<i>Baked coconut rice pudding with jam</i>	<i>Toffee apple crumble with custard</i>	<i>Pineapple upside down sponge with custard</i>	<i>Chocolate bread & butter pudding with custard</i>	<i>Lemon posset with shortbread</i>	-----  QUALITY OF LIFE SERVICES

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A BINGDON

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Fresh Soups and a Selection of Fresh Breads	<i>'Future 50' lentil & tomato soup with fresh olive bread and a rocket pesto</i>	<i>Wonky vegetable vine tomato soup with fresh focaccia bread and toasted pumpkin seeds</i>	<i>'Future 50' spicy butternut squash & coconut soup with fresh white bread and toasted sunflower seeds</i>	<i>Minestrone soup with fresh sun dried tomato bread and cheesy croutons</i>	<i>Roasted root vegetable soup with fresh white bread and a basil oil</i>	<i>Wonky vegetable soup with fresh olive bread and basil croutons</i>	BRUNCH
Salad Bar and Dressings	<i>Orange, fennel & paprika salad</i>	<i>Taco & mixed bean salad with a sour cream & lime dressing</i>	<i>Vegetable egg noodle salad with crispy onions</i>	<i>Roasted pepper & Israeli cous cous salad with a roquette dressing</i>	<i>Summer gazpacho salad with a red wine vinegar dressing</i>	<i>White quinoa, cucumber tabbouleh</i>	----
Main Meal	<i>Spicy chicken tikka masala with mango chutney</i>	<i>Roasted pork sausages with red wine gravy</i>	<i>'Future 50' Beef & lentil bolognese with a basil dressing</i>	<i>Roast turkey with stuffing, gravy & cranberry sauce</i>	<i>Build your own burger with sliced cheese, gherkins and relishes</i>	<i>Meat feast pizzas with garlic mayonnaise</i>	<i>Full brunch menu with chefs choice main course</i>
Main Vegetarian	<i>Quorn katsu curry with brown rice</i>	<i>Quorn sausage casserole in a rich red wine sauce</i>	<i>Baked tortellini formaggio with basil & tomato</i>	<i>Sage & white bean wellington with gravy & cranberry sauce</i>	<i>Build your own burger with sliced cheese, gherkins and relishes</i>	<i>Ricotta and spinach pizzas with garlic mayonnaise</i>	----
Vegan dishes available daily							
Potatoes or Rice	<i>Yellow braised rice</i>	<i>Honey roasted root vegetables</i>	<i>Penne pasta Herby garlic bread</i>	<i>Rosemary roasted potatoes</i>	<i>Skin on chips</i>	<i>Saut�ed paprika new potatoes</i>	----
Vegetables	<i>Steamed green beans</i>	<i>Boulang�re potatoes</i>	<i>Mixed peas & sweetcorn</i>	<i>Seasonal vegetables</i>	<i>Baked beans Cajun coleslaw</i>	<i>Cos, bacon and parmesan salad Steamed vegetables</i>	----
Grab and Go	<u><i>Baguette bar</i></u> <i>Ham & cheese baguettes Cheddar & tomato baguettes With a new potato salad</i>	<u><i>Pasta bar</i></u> <i>Ratatouille & mozzarella pasta bake with a red pepper pesto</i>	<u><i>Noodle bar</i></u> <i>Soy pork egg noodle stir fry with pak choi and crispy shallots</i>	<u><i>Pasta bar</i></u> <i>Baked 'Mac & cheese' with greens</i>	<u><i>Jacket potato bar</i></u> <i>With beef chilli, tuna mayonnaise, baked beans & grated cheddar</i>	<u><i>Grab & Go</i></u> <i>Crispy coated chicken wings with a BBQ sauce</i>	<u><i>Grab & Go</i></u> <i>Chicken chow mein with a sweet chilli dip</i> <i>Vegetable chow mein with sweet chilli dip</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 & pear crumble with custard</i>	<i>Double chocolate marble sponge with chocolate sauce</i>	<i>Sticky toffee pudding with toffee sauce and custard</i>	<i>Kale chocolate brownie with raspberry whipped cream</i>	<i>Chocolate ripple sponge with custard</i>	<i>Ice cream selection with toppings and sauce</i>	----

Menu

SUPPER WEEK ONE



A BINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event			BBQ (Weather permitted)				
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>Pan fried pork loin with peppercorn sauce</i>	<i>Thai red chicken curry with prawn crackers</i>	<i>Street style beef burgers with smoked cheddar, garlic mayonnaise & harissa</i>	<i>Steamed Asian pulled pork bao buns with a honey & soy dressing</i>	<i>Beef chilli tacos with cheese & guacamole</i>	<i>Chicken Souvlaki kebab with Greek salad</i>	<i>Sunday roast with all the trimmings</i>
Main Vegetarian	<i>Ricotta & spinach cannelloni with a caper dressing</i>	<i>Soy bean & pak choi Thai red curry</i>	<i>Street style Quorn buttermilk burgers with smoked cheddar, garlic mayonnaise & harissa</i>	<i>Quorn and black bean bao buns</i>	<i>Quorn mince chilli tacos with cheese & guacamole</i>	<i>Quorn Souvlaki kebab with Greek salad</i>	<i>Baked stuffed aubergine with Provencal</i>
Potatoes or Rice	<i>Sautéed new potatoes</i>	<i>Thai infused rice Mini vegetable spring rolls</i>	<i>Dirty fries with cheese, jalapenos and bacon lardons (veggie option available)</i>	<i>Crispy shallot rice</i>	<i>Spicy potato wedges with paprika mayonnaise</i>	<i>Greek style rice with feta</i>	<i>Garlic roasted potatoes</i>
Vegetables & Salad	<i>Flat mushrooms Grilled tomatoes Onion rings Peas</i>	<i>Stir fried Asian vegetables</i>	<i>Street nacho and corn bean salad</i>	<i>Honey & ginger roasted carrots</i>	<i>Buttered corn on the cob</i>	<i>Roasted pepper & courgettes</i>	<i>Cauliflower cheese & steamed broccoli</i>
'Grab & Go'	<i>Spaghetti and meatballs with parmesan cheese & basil pesto</i>	<i>Prawn nasi goreng with sweet chilli sauce</i>	<i>Tabasco & BBQ chicken wings</i>	<i>Tomato & basil pasta bake with garlic bread</i>	<i>Indonesian pork noodle pot with shredded lettuce</i>	<i>Salt & pepper squid with a chilli 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>Treacle tart with cream</i>	<i>Malt panna cotta with honeycomb chocolate</i>	<i>Ice cream sundaes with marshmallows & sauces</i>	<i>Baked chocolate & raspberry tart</i>	<i>Eton mess</i>	<i>Rhubarb fool with shortbread</i>	<i>Chefs choice</i>

Menu

SUPPER WEEK TWO



A BINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event			BBQ (weather permitted)				
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>Creamy chicken and leek pie with puff pastry Red wine gravy</i>	<i>Char sui roasted pork belly</i>	<i>Street style hot dogs with crispy onions, cheddar & sweet chilli mayonnaise</i>	<i>Chorizo and prawn paella with a lemon, parsley & caper dressing</i>	<i>Creamy beef & mushroom stroganoff</i>	<i>Indonesian stir fry chicken noodles with sweet chilli dip</i>	<i>Sunday roast with all the trimmings</i>
Main Vegetarian	<i>Butter bean & vegetable puff pie with gravy</i>	<i>Cauliflower buffalo wings, vegan ranch dressing</i>	<i>Street style vegetarian hot dogs with crispy onions, cheddar & sweet chilli mayonnaise</i>	<i>Bhaji burger with a mango chutney yoghurt</i>	<i>Pepper, olive and feta moussaka with sunflower seed pesto</i>	<i>Indonesian stir fry tofu noodles with chilli dip</i>	<i>Stuffed breaded butternut squash with gravy</i>
Carbohydrate	<i>Buttered new potatoes</i>	<i>Soy infused flat rice noodles</i>	<i>Spicy potato wedges with aioli</i>	<i>Pesto ciabatta bread</i>	<i>Braised rice</i>	<i>Crispy spring rolls With soy sauce</i>	<i>Thyme roasted potatoes</i>
Vegetables & Salad	<i>Honey roasted carrots & peas</i>	<i>Stir fried soy vegetables</i>	<i>Roasted Cajun peppers with crispy chickpeas</i>	<i>Paprika cauliflower and baby spinach</i>	<i>Parsley carrots and savoy cabbage</i>	<i>Prawn crackers Stir fried pak choi and bean shoots</i>	<i>Braised red cabbage and steamed carrots</i>
'Grab & Go'	<i>Tomato & red pepper penne pasta with cheese & pumpkin seed pesto</i>	<i>Honey & garlic crunch chicken breast</i>	<i>Crispy chicken Caesar salad with crispy bacon</i>	<i>Thai basil mince pork with fragrant rice</i>	<i>Ham & cheese toasties with a tomato chutney</i>	<i>Cheesy tuna pasta bake Garlic bread slices</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>Lemon & blueberry drizzle cake with lime zested whipped cream</i>	<i>Chocolate flapjack</i>	<i>Kruskem's Maltesers chocolate shakes</i>	<i>Chocolate mousse pots with white chocolate ganache</i>	<i>Vanilla cheese cake with raspberry coulis</i>	<i>Cookies & cream with chocolate sauce</i>	<i>Chefs choice</i>

Menu

SUPPER WEEK THREE



A BINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event							
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>Creamy bacon macaroni & cheese</i>	<i>Japanese beef Donburi rice bowls with an Asian dressing</i>	<i>Hog roast bap with mustard & apple sauce with crackling</i>	<i>Thai chicken massaman curry with prawn crackers</i>	<i>Crispy cod fillets with tartare sauce</i>	<i>Spicy chicken biriyani with curry sauce & yoghurt dressing</i>	<i>Sunday roast with all the trimmings</i>
Main Vegetarian	<i>Three cheese macaroni bake</i>	<i>Japanese tofu Donburi rice bowls with an Asian dressing</i>	<i>Spiced baked aubergine with cous cous & harissa</i>	<i>Thai vegetable pad Thai</i>	<i>Sriracha & lentil ratatouille baked eggs</i>	<i>Vegetarian samosas with curry sauce & yoghurt dressing</i>	<i>Vegetable bean wellington with gravy</i>
Potatoes or Rice	<i>Sundried tomato & basil flatbread</i>	<i>Japanese rice with crispy shallots</i>	<i>Roasted new potatoes</i>	<i>Sticky Asian rice with a soy dressing</i>	<i>Chunky potato wedges</i>	<i>Saag aloo</i>	<i>Rosemary roasted potatoes</i>
Vegetables & Salad	<i>Steamed sweetcorn</i>	<i>Steamed pak choi, bean shoots & Chinese cabbage</i>	<i>Sautéed leeks</i>	<i>Stir fried vegetables with chillies</i>	<i>Steamed peas Mushy peas</i>	<i>Crispy onion pakoras & poppadom's</i>	<i>Broccoli & cauliflower cheese bake Seasonal vegetables</i>
'Grab & Go'	<i>Pizza bar with various toppings</i>	<i>Chinese five spice & soy pork ribs with sweet chilli sauce</i>	<i>Vegetable chow mein with a coriander dressing</i>	<i>Tomato & basil pasta bake with grated cheese</i>	<i>Sausage casserole with chunky potato wedges</i>	<i>Vegan lentil dhal with naan breads</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>Rocky road</i>	<i>Chocolate beetroot cake with pouring cream</i>	<i>Salted caramel cheesecake pots with popcorn</i>	<i>Crème brulee with raspberry coulis</i>	<i>Chocolate raisin crunch</i>	<i>Chocolate eclairs</i>	<i>Chefs choice</i>