

Menu

LUNCH WEEK ONE:



A B I N G D O N

	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>	<i>BRUNCH</i>
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>	<i>----</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>	<i>----</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>	<i>----</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>	<i>----</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>Chicken ragout 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>	<i>----</i>

Menu

LUNCH WEEK TWO:



A B I N G D O N

	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>	<i>BRUNCH</i>
Salad Bar and Dressings	<i>Chinese noodle salad with crispy shallots</i>	<i>Caesar dressed salad with parmesan shavings</i>	<i>Greek feta 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>Creamy chicken & leek 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><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>Fusilli pasta with tomato & basil sauce with grated cheese</i>	<u><i>Steak bar</i></u> <i>Pan fried pork chop steak with sautéed potatoes and a olive tapenade</i>	<u><i>Rice pot bar</i></u> <i>Chicken nasi goreng with a chilli & soy dressing</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>BBQ pork ribs with a garlic mayonnaise</i>	<u><i>Grab & Go</i></u> <i>Pan fried pork escalope with a caper dressing</i> <i>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>	----

Menu

LUNCH WEEK THREE:



A BINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>	<i>BRUNCH</i>
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 Vegan dishes available daily	<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>	----
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>Sautéed paprika new potatoes</i>	----
Vegetables	<i>Steamed green beans</i>	<i>Steamed new 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 chicken tikka masala, 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 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 chicken 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	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	<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>Chicken & red pepper 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 croutons</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>Krushem'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>