

Menu

LUNCH WEEK ONE:



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	<i>Vine tomato & green pesto soup with fresh olive bread</i>	<i>Japanese miso soup with fresh focaccia bread</i>	<i>Creamy sweet potato & red pepper 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>Lentil & tomato soup with fresh white bread and a basil oil</i>	<i>Wonky vegetable soup with fresh olive bread and garlic & herb croutons</i>	BRUNCH
Salad Bar and Dressings	<i>Chinese noodle salad with crispy onions</i>	<i>Mexican shaved salad bowl with a spicy dressing</i>	<i>Pesto & green vegetable salad</i>	<i>Roasted garlic & green bean salad</i>	<i>Moroccan cous cous salad</i>	<i>Abingdon house salad</i>	----
Main Meal	<i>Texas chilli con carne with tomato salsa</i>	<i>Cumberland sausages with a rich red wine gravy</i>	<i>Chicken carbonara with a red pesto</i>	<i>Roast pork loin with apple sauce & gravy</i>	<i>Oven baked breaded pollack fillet with lemon wedges & tartare sauce</i>	<i>Ham & cheese panini with paprika mayonnaise</i>	<i>Full Brunch menu with chefs choice main course</i>
Main Vegetarian Vegan dishes available daily	<i>Homemade pakoras with a warm chickpea & baby spinach salad</i>	<i>Quorn sausage toad in the hole with braised red cabbage</i>	<i>Ricotta, spinach & lentil lasagne with a red pesto</i>	<i>Tuscan bean & vegetable stew with vegan stuffing</i>	<i>Vegan beer battered sausages with ketchup</i>	<i>Cheddar & tomato paninis with paprika mayonnaise</i>	----
Carbohydrate	<i>Mexican chilli rice</i>	<i>Buttered parsley new potatoes</i>	<i>Herby garlic bread slices</i>	<i>Garlic and thyme roasted potatoes</i>	<i>Skin on chips</i>	<i>Curly potato fires</i>	----
Vegetables	<i>Steamed sweetcorn</i>	<i>Roasted glazed carrots</i>	<i>Green beans</i>	<i>Seasonal vegetables</i>	<i>Baked beans Steamed peas Mushy peas</i>	<i>Grilled vegetables</i>	----
Grab and go	<u><i>South American Bar</i></u> <i>Cajun chicken thighs with a beetroot wrap and chimichurri</i>	<u><i>Rice bar</i></u> <i>Soya bean & Chinese cabbage nasi goreng with soy sauce</i>	<u><i>Korean bar</i></u> <i>Baked butternut squash with fried rice & pickled cabbage</i>	<u><i>Pasta bar</i></u> <i>Tomato & basil 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>Pasta bar</i></u> <i>Baked Mac n Cheese</i>	<u><i>Grab & Go</i></u> <i>Ham and cheese toasties Cheese and tomato toasties</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>Toffee apple crumble with custard</i>	<i>Chocolate ripple sponge with chocolate sauce</i>	<i>Vanilla cheesecake with a blueberry compote</i>	<i>Lemon drizzle cake with whipped cream</i>	<i>Sticky toffee pudding with toffee sauce & custard</i>	<i>Ice cream pots</i>	----

Menu

LUNCH WEEK TWO:



A BINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	<i>Tomato & oregano soup with fresh olive bread and a rocket pesto</i>	<i>Minestrone soup with fresh focaccia bread and toasted pumpkin seeds</i>	<i>Butternut squash & apple soup with fresh white bread and toasted sunflower seeds</i>	<i>Sweet potato & lentil soup with fresh sun dried tomato bread and cheesy croutons</i>	<i>Butterbean & chunky vegetable soup fresh white bread and a basil oil</i>	<i>Wonky vegetable soup with fresh olive bread and herb & garlic croutons</i>	BRUNCH
Salad Bar and Dressings	<i>Moroccan lentil salad with chickpea harissa</i>	<i>Tomato & olive salad with basil oil</i>	<i>Future 50 Tabbouleh</i>	<i>Brown rice macro salad</i>	<i>Quinoa, herb, lemon & cannellini bean salad</i>	<i>Roasted garlic green bean salad</i>	----
Kitchen Classics	<i>Spicy chicken Balti with poppadoms & mango chutney</i>	<i>Future 50 beef & lentil bolognaise</i>	<i>Roasted chicken thighs with a tomato & chorizo sauce</i>	<i>Honey roast gammon with a rich red wine gravy</i>	<i>Hot dogs with crispy onions & ketchup</i>	<i>Chicken shawarma kebab with salsa verde</i>	<i>Full hot breakfast with pastries, yoghurts</i>
Main Vegetarian Vegan dishes available daily	<i>Vegetable jalfrezi with poppadoms & mango chutney</i>	<i>Ratatouille mozzarella pasta bake</i>	<i>Stromboli roast vegetables with Greek salad</i>	<i>Vegetable & cheese hotpot with root vegetables</i>	<i>Vegan hot dogs with garlic vegan mayonnaise</i>	<i>Mediterranean baked aubergine with salsa verde</i>	----
Potatoes or Rice	<i>Braised rice</i>	<i>Penne pasta Garlic bread</i>	<i>Steamed new potatoes</i>	<i>Thyme roasted potatoes</i>	<i>French fries</i>	<i>Herby parmentier potatoes</i>	----
Vegetables	<i>Roasted turmeric cauliflower with baby spinach</i>	<i>Steamed sweetcorn</i>	<i>Minted broccoli, peas and baby spinach</i>	<i>Hand mixed vegetables</i>	<i>Baked beans Corn on the cob</i>	<i>Mediterranean roasted vegetables</i>	----
Grab and Go	<u><i>Pasta bar</i></u> <i>3 cheese creamy sauce with pesto</i>	<u><i>Baguette bar</i></u> <i>Ham & cheese baguettes Cheddar & tomato baguettes With a new potato salad</i>	<u><i>Rice bar</i></u> <i>Vegetable Katsu curry with brown rice</i>	<u><i>Pasta bar</i></u> <i>Penne pasta with tomato & basil sauce with grated cheese</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>Feta, beetroot & basil tart</i>	<u><i>Grab & Go</i></u> <i>Turkey escalope with chimichurri</i> <i>Roasted Quorn fillet with chimichurri</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 brownie with chocolate sauce</i>	<i>Golden syrup sponge with custard</i>	<i>Baked rice pudding with strawberry jam</i>	<i>Lemon meringue pie with whipped cream</i>	<i>Rhubarb fool with shortbread</i>	----

Menu

LUNCH WEEK THREE:



A B I N G D O N

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	<i>Roasted carrot soup with fresh olive bread and a rocket pesto</i>	<i>Cream of tomato soup with fresh focaccia bread and toasted pumpkin seeds</i>	<i>Garden pea soup with fresh white bread and toasted sunflower seeds</i>	<i>Chunky leek & potato soup with fresh sun dried tomato bread and cheesy croutons</i>	<i>Curried parsnip 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>Curried chickpea & cauliflower salad</i>	<i>Pearl barley, mushroom & lentil salad</i>	<i>Aloo chana chaat potato salad</i>	<i>Chargrilled aubergine & chickpea salad</i>	<i>Feta & roasted tomato salad</i>	<i>Caribbean sweet potato salad</i>	----
Main Meal	<i>Sausage casserole with a rich gravy sauce</i>	<i>BBQ chicken pizzas with garlic mayonnaise</i>	<i>Baked macaroni cheese with bacon, crispy panko crumb</i>	<i>Roast beef with Yorkshire puddings & gravy</i>	<i>Kentucky fried chicken with BBQ sauce</i>	<i>Lamb kofta with spiked sour cream</i>	<i>Full brunch menu with chefs choice main course</i>
Main Vegetarian Vegan dishes available daily	<i>Vegan sausage casserole with a rich gravy sauce</i>	<i>Margherita pizza with garlic mayonnaise</i>	<i>Vegan baked macaroni cheese with a crispy panko crumb</i>	<i>Lentil & vegetable casserole</i>	<i>Sicilian caponata with lemon grains</i>	<i>Oregano & honey baked feta</i>	----
Potatoes or Rice	<i>Creamy mashed potato</i>	<i>Paprika potato wedges</i>	<i>Herby garlic bread</i>	<i>Crispy roasted potatoes</i>	<i>Skin on chips</i>	<i>Fragrant cous cous</i>	----
Vegetables	<i>Steamed green beans</i>	<i>Steamed sweetcorn Cajun slaw</i>	<i>Honey glazed carrots</i>	<i>Seasonal vegetables</i>	<i>Baked beans Steamed peas</i>	<i>Kale slaw</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>Noodle bar</i></u> <i>Soya bean and pak choi chow mein with a soy dip</i>	<u><i>Rice bar</i></u> <i>Dirty rice with beans & Cajun chicken</i>	<u><i>Pasta bar</i></u> <i>Penne pasta, roasted tomato & basil sauce with grated cheddar</i>	<u><i>Jacket potato bar</i></u> <i>With beef madras, tuna mayonnaise, baked beans & grated cheddar</i>	<u><i>Grab & Go</i></u> <i>Korean fried chicken wings with pickled cabbage</i>	<u><i>Grab & Go</i></u> <i>Chicken fried rice with a sweet chilli dip Vegetable fried rice 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 pie with custard</i>	<i>Double chocolate marble sponge with chocolate sauce</i>	<i>Chocolate raisin crunch</i>	<i>Baked jam roly poly with custard</i>	<i>Vanilla sponge with custard</i>	<i>Chocolate profiteroles</i>	----

Menu

SUPPER WEEK ONE:



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event			Korean theme	Middle eastern theme		Italian theme	Abingdon School Carvery
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>Pork meatballs in a tomato & basil sauce</i>	<i>Chicken & chorizo gumbo</i>	<i>BBQ pork loin steak with tonkatsu sauce</i>	<i>Lamb kofta with harissa yoghurt</i>	<i>Butter chicken with coconut rice</i>	<i>Future 50 Beef & lentil lasagne</i>	<i>Sunday roast with all the trimmings</i>
Main Vegetarian	<i>Ricotta & spinach cannelloni with a caper dressing</i>	<i>Sweet potato chickpea tikka masala with naan</i>	<i>BBQ Quorn fillet steak with tonkatsu sauce</i>	<i>Baked aubergine half with harissa yoghurt</i>	<i>No chicken teriyaki with sweet chilli</i>	<i>Ricotta, spinach & lentil lasagne</i>	<i>Roasted vegetable quiche</i>
Potatoes or Rice	<i>Herby spaghetti</i>	<i>Braised rice</i>	<i>Salt & pepper baked wedges</i>	<i>Coriander cous cous</i>	<i>Coconut rice</i>	<i>Herby garlic bread slices</i>	<i>Crispy roasted potatoes</i>
Vegetables & Salad	<i>Lemon roasted courgettes</i>	<i>Butternut & broccoli</i>	<i>Pickled red cabbage</i>	<i>Kale slaw Roasted carrots</i>	<i>Stir fried vegetables</i>	<i>Mediterranean roasted vegetables</i>	<i>Cauliflower cheese & braised red cabbage Plain carrots</i>
'Grab & Go'	<i>Nasi goreng with sweet chilli sauce</i>	<i>Vegetable pad Thai</i>	<i>Korean stir fried tofu & vegetables</i>	<i>Ras el hanout rubbed grilled pollack with piri piri & lime mayonnaise</i>	<i>Thai fishcakes & sweet chilli</i>	<i>Broad bean, lemon & thyme risotto</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>Vegan gingernut cheesecake</i>	<i>Tropical fruit pavlova</i>	<i>Ice cream sundaes with marshmallows & sauces</i>	<i>Caramel apple trifle</i>	<i>Raspberry chocolate tart</i>	<i>Tiramisu</i>	<i>Chefs choice</i>

Menu

SUPPER WEEK TWO:



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event		Mexican themed	Indian themed			Street food themed	Abingdon School Carvery
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>Shepard pie topped with champ mashed potato</i>	<i>Mexican pork quesadilla with spiked sour cream</i>	<i>Lamb bhoona gosht with mango chutney</i>	<i>Sumac chicken shawarma with a green salsa</i>	<i>Salt & pepper squid with sweet chilli sauce</i>	<i>Lamb & bulgar burger with tzatziki</i>	<i>Sunday roast with all the trimmings</i>
Main Vegetarian	<i>Shepardless pie with cheesy mashed potato</i>	<i>Mexican jack in a box & corn</i>	<i>Vegetable jalfrezi with mango chutney</i>	<i>Planted Greek open taco with a green salsa</i>	<i>No chicken chow mien with sweet chilli sauce</i>	<i>Jackfruit burger with an avocado salad</i>	<i>Butterbean & vegetable hot pot</i>
Carbohydrate	<i>Rich red wine gravy</i>	<i>Paprika wedges</i>	<i>Tomato braised rice</i>	<i>Sauté new potatoes</i>	<i>Chilli egg noodles</i>	<i>Dirty fries with BBQ sauce</i>	<i>Thyme roasted potatoes</i>
Vegetables & Salad	<i>Roasted carrots & parsnips</i>	<i>Charred corn on the cob</i>	<i>Broccoli with chilli & garlic</i>	<i>Herby roasted vegetables</i>	<i>Green beans & edamame</i>	<i>Peri peri coleslaw</i>	<i>Braised red cabbage and steamed carrots</i>
'Grab & Go'	<i>Cheddar cheese toasties</i>	<i>Grilled chicken nacho salad with salsa</i>	<i>Homemade pakoras with a yoghurt dip</i>	<i>Roasted vegetables & Cajun spiced pasta</i>	<i>Ham & cheddar tarts with a kale pesto</i>	<i>Vegetable pad Thai with crispy onions</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>Cranberry, orange & white chocolate cookies</i>	<i>Carrot cake with apple & raisin</i>	<i>Lemon posset</i>	<i>Treacle tart with crème anglaise</i>	<i>Classic key lime pie</i>	<i>Chocolate eclairs</i>	<i>Chefs choice</i>

Menu

SUPPER WEEK THREE:



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event	Asian themed	Italian themed				Street Themed	Abingdon School Carvery
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 & sour chicken</i>	<i>Cheesy beef meatball sub</i>	<i>Mexican beef picadillo with guacamole</i>	<i>Ham carbonara pasta sauce with red pepper pesto</i>	<i>Fish bhaji tortilla with spiked sour cream</i>	<i>Loaded hot dog topped with pulled pork</i>	<i>Sunday roast with all the trimmings</i>
Main Vegetarian	<i>Tempura vegetables with a sweet chilli dip</i>	<i>Vegan cheesy meatball sub</i>	<i>Three bean chilli with guacamole</i>	<i>Creamy pesto pasta sauce</i>	<i>Lebanese halloumi khobez wraps with spiked sour cream</i>	<i>Loaded vegan hot dog with pulled jackfruit</i>	<i>Vegetable & bean champ pie with gravy</i>
Potatoes or Rice	<i>Egg fried rice</i>	<i>French fries</i>	<i>Mexican chilli rice</i>	<i>Penne pasta Cheese, onion & rosemary flat bread</i>	<i>Roasted new potatoes</i>	<i>Sautéed thyme potatoes</i>	<i>Garlic & rosemary roasted potatoes</i>
Vegetables & Salad	<i>Sautéed pak choi & peppers</i>	<i>Baked beans Corn on the cob</i>	<i>Stir fried vegetables with chillies</i>	<i>Slow roasted tomato & feta salad Steamed sweetcorn</i>	<i>Mushy peas Peri peri slaw</i>	<i>Wilted spinach & roasted peppers</i>	<i>Broccoli & cauliflower cheese bake Seasonal vegetables</i>
'Grab & Go'	<i>Sticky Chinese BBQ ribs</i>	<i>Tuna & sweetcorn pasta bake</i>	<i>Tomato & basil sauce with penne pasta & grated cheese</i>	<i>Vegan tacos with smoky chipotle dip</i>	<i>Vegetable chow mein with a coriander seed dressing</i>	<i>Thai red chicken broth with vermicelli noodles</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>Banoffee pie</i>	<i>Crunch oatly flapjack</i>	<i>Banana, honey & Greek granola yoghurt pot</i>	<i>Crème brulee cheesecake</i>	<i>Poppy seed lemon drizzle cake</i>	<i>Churros with a sweet chilli dip</i>	<i>Chefs choice</i>