

Menu

LUNCH WEEK ONE:



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	<i>Celeriac & Mushroom soup With homemade bread & croutons</i>	<i>Butterbean & vegetable broth With homemade bread & croutons</i>	<i>Carrot, cumin & coriander soup with homemade bread & croutons</i>	<i>Roasted parsnip & apple soup With homemade bread & croutons</i>	<i>Winter vegetable and lentil soup with Homemade bread & croutons</i>	<i>Red pepper & tomato soup with homemade bread & croutons</i>	BRUNCH
Salad Bar and Dressings	<i>A selection of compound and simple salads with dips & dressings</i>	<i>A selection of compound and simple salads with dips & dressings</i>	<i>A selection of compound and simple salads with dips & dressings</i>	<i>A selection of compound and simple salads with dips & dressings</i>	<i>A selection of compound and simple salads with dips & dressings</i>	<i>Abingdon house salad</i>	----
Main Meal	<i>Breaded chicken with a curried katsu sauce</i>	<i>A creamy bacon & mushroom carbona with spaghetti</i>	<i>Lamb moussaka</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 chipotle mayonnaise</i>	<i>Full Brunch menu with chefs choice main course</i>
Main Vegetarian Vegan dishes available daily	<i>Chickpea & vegetable Balti with onion bhajis</i>	<i>Root vegetable & bean hotpot</i>	<i>Quorn fillet with a spiced tomato sauce</i>	<i>Mushroom & Quorn stroganoff with rice</i>	<i>Gnocchi, roasted root vegetables and basil dressing</i>	<i>Cheddar & tomato paninis with chipotle mayonnaise</i>	----
Carbohydrate	<i>Steamed rice</i>	<i>Herby garlic bread</i>	<i>Parmentier potatoes</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 courgettes</i>	<i>Green beans</i>	<i>Seasonal vegetables</i>	<i>Baked beans Steamed peas</i>	<i>Corn on the cob</i>	----
Grab and go	<u><i>Noodle Bar</i></u> <i>Vegetable ramen broth, Chinese cabbage, chilli's & boiled egg with rice noodles</i>	<u><i>BBQ bar</i></u> <i>Slow cooked pulled beef, roasted pepper & onions BBQ sauce served in a brioche bun</i>	<u><i>Baguette bar</i></u> <i>Ham & cheese baguette Cheese & Tomato Baguette With New potato salad</i>	<u><i>Pasta bar</i></u> <i>Rich tomato sauce 3 cheese sauce Basil pesto With grated cheddar</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>Goats cheese & sundried tomato quiche</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>Apple & cinnamon crumble with custard</i>	<i>Chocolate ripple sponge with chocolate sauce</i>	<i>Classic rocky road</i>	<i>Lemon drizzle cake with Chantilly cream</i>	<i>Sticky toffee pudding with toffee sauce & custard</i>	<i>Ice cream pots</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>Leek & potato with homemade bread & croutons</i>	<i>Sweet potato & red pepper soup with homemade bread & croutons</i>	<i>Lentil & tomato soup with homemade bread & croutons</i>	<i>Spinach & potato with homemade bread & croutons</i>	<i>Curried vegetable soup with homemade bread & croutons</i>	<i>Roasted tomato & thyme soup with homemade bread & croutons</i>	BRUNCH
Salad Bar and Dressings	<i>A selection of compound & simple salads with dips & dressing</i>	<i>A selection of compound & simple salads with dips & dressing</i>	<i>A selection of compound & simple salads with dips & dressing</i>	<i>A selection of compound & simple salads with dips & dressing</i>	<i>A selection of compound & simple salads with dips & dressing</i>	<i>A selection of compound & simple salads with dips & dressing</i>	----
Kitchen Classics	<i>Savoury beef mince in a rich beef gravy</i>	<i>BBQ chicken with BBQ sauce and house slaw</i>	<i>Future 50 beef & lentil bolognaise</i>	<i>Roast crown of turkey gravy with stuffing and gravy</i>	<i>MSC fish cakes with tartar sauce & lemon</i>	<i>Ras al hanout chicken, pickled cabbage and flat bread</i>	<i>Full hot breakfast with pastries, yoghurts</i>
Main Vegetarian Vegan dishes available daily	<i>Vegetable & lentil casserole</i>	<i>Ratatouille mozzarella pasta bake</i>	<i>Roasted pepper & pea risotto</i>	<i>Vegetable & cheese pie topped with mashed potatoes</i>	<i>Vegetarian moussaka with garlic bread</i>	<i>Vegan hotdogs with fried onions</i>	----
Potatoes or Rice	<i>Mashed potatoes</i>	<i>Skin on potato wedges</i>	<i>Garlic bread Penne pasta</i>	<i>Thyme roasted potatoes</i>	<i>French fries</i>	<i>Herby parmentier potatoes</i>	----
Vegetables	<i>Sauteed savoy cabbage</i>	<i>Smoked paprika sweetcorn</i>	<i>Roasted carrots</i>	<i>Hand mixed vegetables</i>	<i>Steamed peas Corn on the cob</i>	<i>Mediterranean roasted vegetables</i>	----
Grab and Go	<u><i>Baguette bar</i></u> <i>Ham & cheese baguette Cheese & tomato baguette Tuna, mayo & sweetcorn baguette</i>	<u><i>Seafood bar</i></u> <i>Seafood paella</i>	<u><i>Rice bar</i></u> <i>Vegetable Katsu curry with brown rice</i>	<u><i>Pasta bar</i></u> <i>Whole wheat pasta Tomato & pepperoni sauce Cheddar cheese sauce</i>	<u><i>Jacket potato bar</i></u> <i>with mild chicken curry, tuna mayonnaise, baked beans & grated cheddar</i>	<u><i>Grab & Go</i></u> <i>Baked mac n cheese</i>	<u><i>Grab & Go</i></u> <i>Pork meatballs in tomato sauce with spaghetti Roasted vegetable & red pepper pesto spaghetti</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>Fruit cobbler with custard</i>	<i>Double chocolate brownie with chocolate sauce</i>	<i>American style pancakes with butterscotch sauce</i>	<i>Baked rice pudding with strawberry jam</i>	<i>Treacle tart with custard</i>	<i>Mango fool with shortbread</i>	----

Menu

LUNCH WEEK THREE:



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	<i>Roasted root vegetable soup with homemade bread & croutons</i>	<i>Tomato & Basil soup with homemade bread & croutons</i>	<i>Cauliflower & turmeric soup with homemade bread & croutons</i>	<i>Sweetcorn and potato chowder with homemade bread & croutons</i>	<i>Cream of mushroom soup with homemade bread & croutons</i>	<i>Minestrone soup with homemade bread & croutons</i>	BRUNCH
Salad Bar and Dressings	<i>A selection of compound and simple salads with dips & dressings</i>	<i>A selection of compound and simple salads with dips & dressings</i>	<i>A selection of compound and simple salads with dips & dressings</i>	<i>A selection of compound and simple salads with dips & dressings</i>	<i>A selection of compound and simple salads with dips & dressings</i>	<i>Abingdon house salad</i>	----
Main Meal	<i>Cumberland sausages with onion gravy</i>	<i>Pepperoni pizza with pesto</i>	<i>Baked macaroni cheese with herb crumb topping</i>	<i>Baked gammon with a rich gravy</i>	<i>Breaded pollock with lemon wedges & tartar sauce</i>	<i>Lamb burgers with a mint mayo in a brioche bun</i>	<i>Full brunch menu with chefs choice main course</i>
Main Vegetarian Vegan dishes available daily	<i>Roasted Mediterranean vegetable frittata</i>	<i>Margherita pizza with pesto</i>	<i>Vegan baked macaroni cheese with a crispy panko crumb</i>	<i>Baked stuffed pepper filled with cous cous and topped with vegan cheese</i>	<i>Lentil & bean chilli with rice</i>	<i>Baked aubergine topped with feta cheese</i>	----
Potatoes or Rice	<i>Creamy mashed potato</i>	<i>Lightly spiced potato wedges</i>	<i>Herby garlic bread</i>	<i>Crispy roasted potatoes</i>	<i>Skin on chips</i>	<i>Potato wedges</i>	----
Vegetables	<i>Steamed green beans</i>	<i>Peri peri slaw</i>	<i>Honey glazed carrots</i>	<i>Seasonal vegetables</i>	<i>Baked beans Steamed peas</i>	<i>Red cabbage 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, Chinese cabbage and pak choi chow mein with a soy dip</i>	<u><i>Rice bar</i></u> <i>Cajun spiced chicken, beans, peppers & rice</i>	<u><i>Pasta bar</i></u> <i>Farfalle pasta with a rich tomato & basil sauce or cheese 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>Sweet chilli chicken wings with a blue cheese dip</i>	<u><i>Grab & Go</i></u> <i>Hot dogs with fried onions & mustard</i> <i>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>White chocolate & cranberry sponge with chocolate sauce</i>	<i>Chocolate rice krispie cake</i>	<i>Strawberry jam tart with custard</i>	<i>Vanilla & choc chip sponge with custard</i>	<i>Chocolate choux bun</i>	----

Menu

SUPPER WEEK ONE:



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event		Middle eastern theme	Italian theme			Caribbean 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>Traditional cottage pie topped with mashed potato</i>	<i>Chicken shawarma with khobez bread, mint & honey dressing</i>	<i>Salmon & pea risotto with rocket & tomato salad</i>	<i>Lamb Balti with mini poppadums'</i>	<i>Beef chilli with sour cream & salsa</i>	<i>Jerk chicken With pineapple chow</i>	<i>Sunday roast with all the trimmings</i>
Main Vegetarian	<i>Goats & caramelised onion tart</i>	<i>Ras el hanout spiced vegetable kebabs</i>	<i>Margherita pizza</i>	<i>Baked aubergine with tomato and feta cheese</i>	<i>Mushroom & spinach frittata</i>	<i>Sweet potato, coconut & red peer stew</i>	<i>Roasted vegetable quiche</i>
Potatoes or Rice	<i>Rosemary roasted new potatoes</i>	<i>Coriander & mint cous cous</i>	<i>Herby garlic bread</i>	<i>Braised rice</i>	<i>Jacket potato</i>	<i>Rice & peas</i>	<i>Crispy roasted potatoes</i>
Vegetables & Salad	<i>Braised red cabbage</i>	<i>Lemon roasted courgettes</i>	<i>Roasted butternut squash</i>	<i>Sauteed spinach & broccoli</i>	<i>Roasted Mediterranean vegetables</i>	<i>Corn on the cob</i>	<i>Cauliflower cheese & braised red cabbage Plain carrots</i>
'Grab & Go'	<i>Spinach & ricotta tortelloni with a creamy basil sauce</i>	<i>Grilled halloumi, roasted peppers and hummus flat breads</i>	<i>Tomato & Mediterranean vegetable pasta bake</i>	<i>Vegetable pad Thai with crisp onions</i>	<i>Thai fishcakes & sweet chilli</i>	<i>Caribbean beef patties</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>Blueberry fool with shortbread</i>	<i>Tropical fruit pavlova</i>	<i>Tiramisu</i>	<i>Fruits of the Forrest trifle</i>	<i>Dark chocolate tart</i>	<i>Mango cheesecake</i>	<i>Chefs choice</i>

Menu

SUPPER WEEK TWO:



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event		Mexican themed	Thai theme			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>Pork meat balls in a rich tomato sauce</i>	<i>Beef burritos</i>	<i>Thai red chicken curry</i>	<i>Lamb kofta with minted yogurt</i>	<i>Chicken & leek pie</i>	<i>Sweet chill chicken wings</i>	<i>Sunday roast with all the trimmings</i>
Main Vegetarian	<i>Pasta primavera in a basil dressing</i>	<i>Vegetable & bean chilli</i>	<i>Thai corn fritters with sweet chilli dip</i>	<i>Planted Greek open taco with a green salsa</i>	<i>Vegetable hot pot</i>	<i>Quorn burger with an avocado salsa</i>	<i>Butterbean & vegetable hot pot</i>
Carbohydrate	<i>Spaghetti</i>	<i>Paprika & tomato braised rice</i>	<i>Stir fried noodles</i>	<i>Pepper & herb cous cous</i>	<i>creamy mashed potatoes</i>	<i>Cheesy fries</i>	<i>Thyme roasted potatoes</i>
Vegetables & Salad	<i>Steamed sweetcorn</i>	<i>Roasted peppers & courgettes</i>	<i>Broccoli with chilli & garlic</i>	<i>Herby roasted vegetables</i>	<i>Steamed green beans</i>	<i>Corn on the cob</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>Thai fried rice with prawns & peas</i>	<i>Roasted vegetable pasta</i>	<i>Ham & cheddar tarts with a kale pesto</i>	<i>Tempura battered vegetables</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 & cranberry mousse</i>	<i>Carrot cake with apple & raisin</i>	<i>Lemon posset</i>	<i>Orange tart with crème anglaise</i>	<i>Milk chocolate cheesecake</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 food 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>Chicken chow mein</i>	Ham carbonara pasta sauce with red pepper pesto	<i>Beef burger with tomato relish in a brioche bun</i>	Creamy fish pie topped with mashed potatoes	<i>Chicken & mushroom stroganoff</i>	<i>Cumberland sausages with gravy</i>	<i>Sunday roast with all the trimmings</i>
Main Vegetarian	<i>Sweet n sour vegetables</i>	<i>Gnocchi with tomato & vegetable sauce</i>	<i>Loaded vegan hot dog with pulled jackfruit</i>	Chick pea & vegetable curry with rice	<i>Tomato, spinach and butternut squash stew</i>	<i>Cheddar, thyme & tomato tart</i>	<i>Vegetable & bean champ pie with gravy</i>
Potatoes or Rice	<i>Egg fried rice</i>	<i>Penne pasta Garlic bread</i>	<i>Curly fries</i>	Roasted new potatoes	<i>Steamed rice</i>	<i>Sautéed thyme potatoes</i>	<i>Garlic & rosemary roasted potatoes</i>
Vegetables & Salad	<i>Sautéed pak choi & peppers</i>	<i>Spinach & rocket salad</i>	<i>Corn on the cob</i>	Sauteed savoy cabbage	<i>Roasted carrots</i>	<i>Steamed green beans</i>	<i>Broccoli & cauliflower cheese bake Seasonal vegetables</i>
'Grab & Go'	<i>tofu & vegetable stir fry</i>	<i>Tuna & sweetcorn pasta bake</i>	<i>BBQ pork ribs</i>	Vegan tacos with smoky chipotle dip	<i>Baked mac n cheese</i>	<i>Beef ramen broth with egg noodle</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	Banoffee pie	Crunch oatly flapjack	<i>Banana, honey & Greek granola yoghurt pot</i>	<i>Crème brulee cheesecake</i>	<i>Poppy seed lemon drizzle cake</i>	<i>Tubs of ice-cream</i>	<i>Chefs choice</i>