

Menu

LUNCH WEEK ONE:



ABINGDON


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	<i>Cream of tomato & basil soup With freshly baked bread & croutons</i>	<i>Sweetcorn chowder With freshly baked bread & croutons</i>	<i>Sweet potato & Red pepper soup with freshly baked bread & croutons</i>	<i>Pea & mint soup With freshly baked bread & croutons</i>	<i>Minestrone soup with Freshly baked 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>Szechuan beef with peppers & onions</i>	<i>Baked Mediterranean chicken thighs</i>	<i>Classic Mac n cheese with bacon lardons</i>	<i>Honey roast Gammon & gravy</i>	<i>Oven baked breaded pollack fillet with lemon wedges & tartare sauce</i>	<i>Roast Chicken & miso wrap with Asian slaw</i>	<i>Full Brunch menu with chefs choice main course</i>
Main Vegetarian	<i>Sticky tofu stir fry</i>	<i>Gnocchi, roasted peppers, spinach in a red pepper pesto with garlic bread</i>	<i>Thai green vegetable curry with rice</i>	<i>Quorn sausage toad in the hole with gravy</i>	<i>Quorn fillet with a spicy tomato sauce</i>	<i>Roast vegetable & bean wrap with Asian slaw</i>	----
Vegan dishes available daily							
Carbohydrate	<i>Egg fried rice</i>	<i>Sauteed potatoes</i>	<i>Garlic bread</i>	<i>Thyme roasted potatoes</i>	<i>Skin on fries</i>	<i>Potato wedges</i>	----
Vegetables	<i>Stir fried greens</i>	<i>Roasted courgettes, peppers & red onions</i>	<i>Green beans & carrots</i>	<i>Seasonal vegetables</i>	<i>Baked beans Steamed peas</i>	<i>Corn on the cob</i>	----
Grab and go	<u><i>BYO Summer Salad bowl</i></u> <i>Grilled Chicken, pan fried tofu, boiled egg, mixed leaves, croutons, toasted seeds and a choice of dressing.</i>	<u><i>Grab & Go</i></u> <i>Lebanese Halloumi Flat bred with a harissa dressing</i>	<u><i>Grab & Go</i></u> <i>Cajun spiced chicken & pepper tacos with salsa</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>Beef noodle Laska</i>	<u><i>Grab & Go</i></u> <i>Chicken, watercress & mustard bagel Cheese & red onion bagel</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>Peach & apple pie with custard</i>	<i>Carrot cake</i>	<i>A selection of ice creams with chocolate sauce</i>	<i>Banana cake with Chantilly cream</i>	<i>Sticky ginger pudding with custard</i>	<i>Ice cream pots</i>	----

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ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	<i>Japanese miso soup with freshly baked bread & croutons</i>	<i>Chinese style hot vegetable soup with freshly baked bread & croutons</i>	<i>Carrot & coriander soup with freshly baked bread & croutons</i>	<i>Mushroom & tarragon soup with freshly baked bread & croutons</i>	<i>Mexican hot bean soup with Freshly baked 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>Abingdon house salad</i>	----
Kitchen Classics	<i>Breaded chicken katsu with curry sauce</i>	<i>Spiced beef tacos with a green herb salsa</i>	<i>Future 50 beef bolognaise with lentils</i>	<i>Roast leg of chicken with stuffing and gravy</i>	<i>Hotdogs with fried onions</i>	<i>Chicken tikka baguette</i>	<i>Full hot breakfast with pastries, yoghurts</i>
Main Vegetarian Vegan dishes available daily	<i>Oregano & honey baked feta on roasted vegetables</i>	<i>Quorn and bean jambalaya</i>	<i>Vegan lasagne</i>	<i>Baked field mushroom filled a tomato concasse and topped with parmesan</i>	<i>Vegetarian hotdogs with fried onions</i>	<i>Brie, basil & tomato baguette</i>	----
Potatoes or Rice	<i>Steamed rice</i>	<i>Seasoned potato wedges</i>	<i>Penne pasta Herby garlic bread</i>	<i>Thyme roasted potatoes</i>	<i>French fries</i>	<i>Baked potato</i>	----
Vegetables	<i>Sauteed spring greens</i>	<i>Roasted turmeric cauliflower</i>	<i>Sweetcorn and roast pepper</i>	<i>Hand mixed vegetables</i>	<i>Steamed peas & sweetcorn</i>	<i>Mediterranean roasted vegetables</i>	----
Grab and Go	<u><i>BYO Salad Bowl</i></u> <i>Smoked trout, grilled halloumi, olives, char grilled vegetables, mixed leaves, croutons, mixed seeds with a choice of dressings</i>	<u><i>Baguette bar</i></u> <i>Ham & cheese baguette Cheese & tomato baguette Tuna, mayo & sweetcorn baguette</i>	<u><i>Grab & Go</i></u> <i>Nut free Malaysian pork satay with rice</i>	<u><i>Pasta bar</i></u> <i>Whole wheat pasta A rich Tomato sauce Or a creamy mushroom & bacon sauce</i>	<u><i>Jacket potato bar</i></u> <i>with Chicken Balti, tuna mayonnaise, baked beans & grated cheddar</i>	<u><i>Grab & Go</i></u> <i>Loaded nachos</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>Summer Fruit crumble with custard</i>	<i>Double chocolate brownie with chocolate sauce</i>	<i>Eton mess</i>	<i>Iced vanilla sponge</i>	<i>Chocolate sponge with chocolate custard</i>	<i>Warm cookie tray bake</i>	----  QUALITY OF LIFE SERVICES

Menu

LUNCH WEEK THREE:



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	<i>Sweet potato ,spinach & lentil soup with freshly baked bread & croutons</i>	<i>Leek & potato soup with freshly baked bread & croutons</i>	<i>Butterbean and chunky vegetable soup with freshly baked bread & croutons</i>	<i>Roast tomato soup with freshly baked bread & croutons</i>	<i>Cream of celeriac soup with freshly baked 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>Butter chicken with mango chutney & raita dressing</i>	<i>Cumberland sausage with onion gravy</i>	<i>Mexican beef picadillo with sour cream & tortilla chips</i>	<i>Roast loin of pork with gravy and apple sauce</i>	<i>Classic beef burger in a brioche bun with a tomato relish</i>	<i>Ham & cheese panini</i>	<i>Full brunch menu with chefs choice main course</i>
Main Vegetarian Vegan dishes available daily	<i>Tomato, basil & roast garlic tapenade tart</i>	<i>Sweet n Sour Quorn with rice</i>	<i>Baked aubergine topped tomato ragu and feta cheese</i>	<i>Tofu & courgette fritter with a sweet chilli dip</i>	<i>Spiced bean burger in a brioche bun with a tomato relish</i>	<i>Cheese & tomato Panini</i>	----
Potatoes or Rice	<i>Basmati rice</i>	<i>A creamy spring onion mash</i>	<i>Green herb rice</i>	<i>Crispy roasted potatoes</i>	<i>Skin on chips</i>	<i>Curly fries</i>	----
Vegetables	<i>Cauliflower & spinach</i>	<i>Sauteed spring greens</i>	<i>Corn on the cob finished with paprika oil Roasted courgettes</i>	<i>Seasonal vegetables</i>	<i>Baked beans Steamed peas</i>	<i>Peri peri slaw</i>	----
Grab and Go	<u><i>Baguette bar</i></u> <i>Ham & cheese baguettes Cheddar & tomato baguettes BLT baguettes</i>	<u><i>Noodle bar</i></u> <i>Vegetable chow mien</i>	<u><i>Grab & Go</i></u> <i>Quorn katsu with curry sauce and steamed 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 & cinnamon pudding with custard</i>	<i>Lemon & orange drizzle cake</i>	<i>Jam tart with cream</i>	<i>Raspberry & white chocolate sponge with custard</i>	<i>Lemon flapjack</i>	<i>Ice cream pots</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>Turkey escalope with chimichurri dressing</i>	<i>BBQ beef burger in a brioche bun</i>	<i>Korean style pulled beef</i>	<i>Chicken shawarma with minted yoghurt</i>	<i>Traditional Shepherds pie</i>	<i>Pork meatballs in a rich tomato sauce</i>	<i>Sunday roast with all the trimmings</i>
Main Vegetarian	<i>Cheddar cheese, onion and potato pie</i>	<i>BBQ Quorn fillet in brioche bun</i>	<i>Cauliflower steak with siracha dressing</i>	<i>Bean and squash tagine</i>	<i>Vegetable pie topped with sweet potato mash</i>	<i>Vegetable lasagne</i>	<i>Roasted vegetable quiche</i>
Potatoes or Rice	<i>Parmenter potatoes</i>	<i>Curly fries</i>	<i>Sticky rice</i>	<i>Herb cous cous</i>	<i>Sauteed potatoes</i>	<i>Spaghetti Garlic bread</i>	<i>Crispy roasted potatoes</i>
Vegetables & Salad	<i>Roasted sweetcorn</i>	<i>Five spice roasted carrots</i>	<i>Pickled red cabbage</i>	<i>Lemon roasted courgettes</i>	<i>Garlic green beans</i>	<i>Tomato & vegetable ragout</i>	<i>Cauliflower cheese & braised red cabbage Plain carrots</i>
'Grab & Go'	<i>Pasta puttanesca</i>	<i>BBQ pork ribs</i>	<i>Siracha chicken wings</i>	<i>Quorn shawarma with houmous & khobez bread</i>	<i>Chicken & Parmesan risotto</i>	<i>Thai style fish cakes with sweet 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>Caramel cheesecake</i>	<i>Raspberry blondie</i>	<i>Malteser tray bake</i>	<i>Chocolate gateaux</i>	<i>Vanilla panna cotta with raspberries</i>	<i>doughnuts</i>	<i>Chefs choice</i>

Menu

SUPPER WEEK TWO:



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event		Greek Theme	American 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>Gammon chop With pineapple salsa</i>	<i>Lamb koftas with a harissa yoghurt</i>	<i>Southern fried chicken</i>	<i>Cumberland pork sausage</i>	<i>Beef Chilli with sour cream & tomato salsa</i>	<i>Beef burger topped with cheese & bacon</i>	<i>Sunday roast with all the trimmings</i>
Main Vegetarian	<i>BBQ pulled jack fruit in a brioche bun</i>	<i>Feta, pepper & cherry tomato gyros</i>	<i>Vegetable gumbo</i>	<i>Roasted pepper & spinach frittata</i>	<i>Vegetable & bean chilli with sour cream & tomato salsa</i>	<i>Tempura battered vegetables with sweet chilli dip</i>	<i>Butterbean & vegetable hot pot</i>
Carbohydrate	<i>Sauteed potatoes</i>	<i>Roasted vegetable & herb orzo</i>	<i>French fries Corn bread</i>	<i>Creamy mashed potato</i>	<i>Braised paprika rice</i>	<i>Cheesy fries</i>	<i>Thyme roasted potatoes</i>
Vegetables & Salad	<i>Honey & cumin roasted carrots</i>	<i>Roasted courgettes and red onions</i>	<i>BBQ beans</i>	<i>Minted garden peas</i>	<i>Roasted broccoli with chilli & garlic</i>	<i>Asian slaw</i>	<i>Braised red cabbage and steamed carrots</i>
'Grab & Go'	<i>Cheddar cheese toasties</i>	<i>Spanakopita</i>	<i>Mac n cheese</i>	<i>Teriyaki chicken skewers with pickled cucumber</i>	<i>Vegetable & tofu Stir fry</i>	<i>BBQ pork ribs</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>Chocolate eclairs</i>	<i>Ice cream sundae</i>	<i>Baked New York vanilla cheesecake</i>	<i>Millionaires shortbread</i>	<i>Chocolate mousse</i>	<i>Yum yums</i>	<i>Chefs choice</i>

Menu

SUPPER WEEK THREE:



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event		Asian themed	North African 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>Chorizo, tomato & bacon ragu</i>	<i>Thai green chicken curry</i>	<i>Moroccan beef pastilla</i>	<i>Beef burritos with sour cream & salsa</i>	<i>Chicken & mushroom pie</i>	<i>Beef stroganoff</i>	<i>Sunday roast with all the trimmings</i>
Main Vegetarian	<i>Celeriac, leek & beetroot wellington</i>	<i>Vegetable chow mien</i>	<i>Beetroot falafels with houmous and khobez bread</i>	<i>Red pepper, pea & mint risotto</i>	<i>Mozzarella & roast vegetable pasta bake</i>	<i>Potato & bean chilli</i>	<i>Vegetable & bean champ pie with gravy</i>
Potatoes or Rice	<i>Penne pasta Garlic bread</i>	<i>Steamed rice</i>	<i>Tabbouleh</i>	<i>Braised rice</i>	<i>Steamed new potatoes</i>	<i>Braised rice</i>	<i>Garlic & rosemary roasted potatoes</i>
Vegetables & Salad	<i>Steamed sweetcorn</i>	<i>Sauteed Pak choy and baby corns</i>	<i>Spiced butternut squash</i>	<i>Roasted carrots with a basil dressing</i>	<i>Sauteed spring greens</i>	<i>Corn on the cob</i>	<i>Broccoli & cauliflower cheese bake Seasonal vegetables</i>
'Grab & Go'	<i>Beef Chilli dogs</i>	<i>Vegetable spring rolls with hoisin dip</i>	<i>Chicken shawarma</i>	<i>Goats cheese & red onion tart</i>	<i>Sweet potato & sundried tomato frittata</i>	<i>Grilled vegetable skewers 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>Strawberry mousse</i>	<i>Crunch oaty flapjack</i>	<i>White chocolate rice Krispy squares</i>	<i>Lemon & blueberry roulade</i>	<i>Giant Viennese whirl</i>	<i>Churros with chocolate sauce</i>	<i>Chefs choice</i>