

Menu

LUNCH WEEK ONE:



ABINGDON


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	<i>Mushroom & tarragon soup With freshly baked bread & croutons</i>	<i>Vegetable & bean soup With freshly baked bread & croutons</i>	<i>Leek & potato soup with freshly baked bread & croutons</i>	<i>Sweetcorn & pepper soup With freshly baked bread & croutons</i>	<i>Cream of vegetable 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>Chicken curry with mango chutney</i>	<i>Cumberland sausage with a rich gravy</i>	<i>Chunky Texas beef chilli with sour cream</i>	<i>Honey roast Gammon with Yorkshire pudding & gravy</i>	<i>Oven baked breaded pollack fillet with lemon wedges & tartare sauce</i>	<i>Sweet chilli chicken sub</i>	<i>Full Brunch menu with chefs choice main course</i>
Main Vegetarian	<i>Vegetable & chickpea curry with mango chutney</i>	<i>Gnocchi, roasted peppers, spinach in a red pepper pesto with garlic bread</i>	<i>Vegetable & butter bean pie topped with sweet potato mash</i>	<i>Baked field mushroom filled with a tomato ragu and topped with vegan cheese</i>	<i>Battered Quorn sausage</i>	<i>Roasted pepper & halloumi sub</i>	----
Vegan dishes available daily							
Carbohydrate	<i>Aromatic cardamon scented rice</i>	<i>Spring onion mashed potatoes</i>	<i>Braised rice</i>	<i>Roasted potatoes</i>	<i>Skin on fries</i>	<i>Baked potato</i>	----
Vegetables	<i>Steamed carrots & green beans</i>	<i>Braised red cabbage</i>	<i>Roasted sweetcorn & peppers</i>	<i>Seasonal vegetables</i>	<i>Baked beans Steamed peas</i>	<i>Roasted Mediterranean vegetables</i>	----
Grab and go	<u><i>Baguette Bar</i></u> <i>Ham & Cheese Cheese & Tomato Goats cheese & roasted pepper Sweet chilli chicken</i>	<u><i>Rice Bar</i></u> <i>Mexican dirty rice with tomato salsa & tortilla chips</i>	<u><i>Noodle Bar</i></u> <i>Stir fried vegetable chow mien with edamame beans</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>Loaded nachos topped with Mexican cheese & jalapenos</i>	<u><i>Grab & Go</i></u> <i>Mozzarella and sundried tomato panini Chicken & nut free pesto 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 Brownie with chocolate sauce</i>	<i>Pancakes with maple syrup</i>	<i>Golden syrup sponge with custard</i>	<i>New York crumb cake</i>	<i>Waffles with chocolate sauce</i>	----

Menu

LUNCH WEEK TWO:



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Soups and a Selection of Fresh Breads	<i>Tomato & basil soup with freshly baked bread & croutons</i>	<i>Minestrone soup with freshly baked bread & croutons</i>	<i>Broccoli & stilton soup with freshly baked bread & croutons</i>	<i>Chinese style hot vegetable soup with freshly baked bread & croutons</i>	<i>Sweet potato & red pepper 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>Stir fried teriyaki beef with peppers & onions</i>	<i>Chicken in a creamy red pepper sauce</i>	<i>Slow cooked Korean pork stew with kimchi</i>	<i>Roast leg of chicken with stuffing and gravy</i>	<i>Hotdogs with fried onions</i>	<i>Lamb skewers with an aubergine dip</i>	<i>Full hot breakfast with pastries, yoghurts</i>
Main Vegetarian Vegan dishes available daily	<i>Baked aubergine topped vegetable ragu & vegan cheese</i>	<i>Blue cheese & red onion tart</i>	<i>Oregano & honey baked feta with Mediterranean vegetables</i>	<i>Vegetable & bean burrito</i>	<i>Vegetarian hotdogs with fried onions</i>	<i>Courgette & red pepper frittata</i>	----
Potatoes or Rice	<i>Egg fried rice</i>	<i>Penne pasta Garlic bread slices</i>	<i>Sticky rice</i>	<i>Thyme roasted potatoes</i>	<i>French fries</i>	<i>Sauteed potatoes with onions</i>	----
Vegetables	<i>Stir fried greens</i>	<i>Roasted Broccoli with Chilli & garlic</i>	<i>Sauteed Green beans</i>	<i>Hand mixed vegetables</i>	<i>Steamed peas & sweetcorn</i>	<i>Paprika spiced corn on the cob</i>	----
Grab and Go	<u><i>BYO Salad Bowl</i></u> <i>Smoked bacon, grilled halloumi, olives, char grilled vegetables, mixed leaves, croutons, mixed seeds with a choice of dressings</i>	<u><i>Panini bar</i></u> <i>Ham & cheese panini Cheese & tomato panini Tuna, red onion & cheese panini</i>	<u><i>Grab & Go</i></u> <i>Pulled chicken wraps with tomato salsa & sour cream</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 curry, tuna mayonnaise, baked beans & grated cheddar</i>	<u><i>Grab & Go</i></u> <i>BBQ chicken wings</i>	<u><i>Grab & Go</i></u> <i>Pastrami, Swiss cheese and dill pickles in a pretzel roll Grilled halloumi & red pepper pesto in a pretzel roll</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>Black cherry & chocolate crumble with custard</i>	<i>Baked rice pudding with strawberry jam</i>	<i>Iced chocolate sponge</i>	<i>Apple sticky toffee pudding with toffee sauce</i>	<i>Honey & banana sponge with custard</i>	<i>Double chocolate muffins</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>Roasted pepper & kale soup with freshly baked bread & croutons</i>	<i>Spinach & 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>Lightly curried parsnip & apple 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>	Abingdon house salad	----
Main Meal	<i>Lamb keema with naan bread</i>	<i>Peri peri chicken leg</i>	<i>Stir fried char sui pork mince finished with spring onions</i>	<i>Roast Crown of turkey with stuffing, gravy and cranberry sauce</i>	<i>Classic beef burger in a floured bap with a tomato relish</i>	<i>Spicy chicken panini</i>	<i>Full brunch menu with chefs choice main course</i>
Main Vegetarian Vegan dishes available daily	<i>Jumbo potato & chickpea samosa With a mango & chilli dip</i>	<i>Sweet potato cake topped with a poached egg and tomato salsa</i>	<i>Spinach, pepper & ricotta lasagne with garlic bread</i>	<i>Tofu & courgette fritter with a sweet chilli dip</i>	<i>Spiced bean burger in a floured bap with a tomato relish</i>	<i>Mozzarella & grilled vegetable Panini</i>	----
Potatoes or Rice	<i>Braised rice flavoured with cinnamon</i>	<i>Baked potato wedges</i>	<i>Egg noodles dressed in soy sauce</i>	<i>Crispy roasted potatoes</i>	<i>Skin on chips</i>	<i>Herby diced potatoes</i>	----
Vegetables	<i>Roasted cauliflower & spinach</i>	<i>Corn on the cob finished with coriander and crispy onions</i>	<i>Sauteed courgettes drizzled with a basil oil</i>	<i>Seasonal vegetables</i>	<i>Baked beans Steamed peas</i>	<i>Roasted sweetcorn & peppers</i>	----
Grab and Go	<u><i>BYO salad bar</i></u> <i>Feta cheese, pulled gammon, olives, toasted seeds, croutons, crisp leaves with dressings</i>	<u><i>Grab & Go</i></u> <i>A selection of freshly baked quiches garnished with a dressed salad</i>	<u><i>Baguette Bar</i></u> <i>Coronation chicken Ham & tomato Cheddar cheese & tomato chutney</i>	<u><i>Pasta bar</i></u> <i>Penne pasta with a rich tomato & basil sauce or cheese sauce with grated cheddar</i>	<u><i>Jacket potato bar</i></u> <i>With vegetable tagine, tuna mayonnaise, baked beans & grated cheddar</i>	<u><i>Grab & Go</i></u> <i>BBQ chicken drumsticks with a ranch dip</i>	<u><i>Grab & Go</i></u> <i>Bagel filled with Italian salami & mozzarella cheese Bagel filled with red pepper hummus & spinach</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 doughnuts</i>	<i>Apple crumble with custard</i>	<i>Chocolate rice krispy cake</i>	<i>Chocolate orange sponge with custard</i>	<i>Butterscotch pudding with custard</i>	<i>Yum yums</i>	----

Menu

SUPPER WEEK ONE:



ABINGDON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event			Caribbean theme	French theme	Asian 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>Grilled bacon chop with a salsa Verde</i>	<i>Beef burger topped with cheese & bacon in a floured bap</i>	<i>Jerk chicken with run down sauce</i>	<i>Beef bourguignonne</i>	<i>Char sui pork bao bun</i>	<i>Lamb Balti with a cucumber raita</i>	<i>Sunday roast with all the trimmings</i>
Main Vegetarian	<i>Cauliflower steak with a siracha dressing</i>	<i>Grilled field mushroom & blue cheese burger in a floured bap</i>	<i>Sweet potato & pepper curry</i>	<i>Root vegetable cassoulet</i>	<i>Pulled jack fruit bao bun with Korean BBQ sauce</i>	<i>Vegetable lasagne with garlic bread</i>	<i>Roasted vegetable quiche</i>
Potatoes or Rice	<i>Warm potato & spinach salad</i>	<i>Curly fries</i>	<i>Rice & peas</i>	<i>Creamy mashed potatoes</i>	<i>Egg noodles</i>	<i>Braised rice</i>	<i>Crispy roasted potatoes</i>
Vegetables & Salad	<i>Steamed broccoli</i>	<i>Sauteed courgettes</i>	<i>Tropical slaw</i>	<i>Cauliflower mornay</i>	<i>Stir fried Chinese cabbage</i>	<i>Roast carrots scented with cumin</i>	<i>Cauliflower cheese & braised red cabbage Plain carrots</i>
'Grab & Go'	<i>Sweet chilli chicken wings</i>	<i>Mushroom & bacon carbona</i>	<i>Cuban pulled pork sandwich</i>	<i>Roast vegetable tartan</i>	<i>Fried rice with chicken & edamame beans</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>Ice cream sundae's</i>	<i>Banoffee cheesecake</i>	<i>Chocolate tart</i>	<i>Selection of iced sorbets</i>	<i>Vanilla panna cotta with raspberries</i>	<i>Red velvet cookies</i>	<i>Chefs choice</i>

Menu

SUPPER WEEK TWO:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event			Italian theme		American theme	German 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>Hunters Chicken with BBQ sauce</i>	<i>Grilled turkey escalope with a cranberry gravy</i>	<i>Prawns & squid in a creamy tarragon sauce</i>	<i>Spicy beef fajitas</i>	<i>Southern fried chicken</i>	<i>Pork schnitzel with mushroom sauce</i>	<i>Sunday roast with all the trimmings</i>
Main Vegetarian	<i>Grilled Quorn fillet topped with vegan cheese & BBQ sauce</i>	<i>Feta, pepper & cherry tomato gyros</i>	<i>Vegetable & lentil bolognese</i>	<i>Spicy Quorn & pepper fajitas</i>	<i>Southern fried Quorn</i>	<i>Vegan Currywurst</i>	<i>Butterbean & vegetable hot pot</i>
Carbohydrate	<i>Sauteed potatoes</i>	<i>Rosemary roasted new potatoes</i>	<i>Spaghetti Garlic bread</i>	<i>Green rice</i>	<i>Cheesy mashed potatoes</i>	<i>German potato salad</i>	<i>Thyme roasted potatoes</i>
Vegetables & Salad	<i>Sauteed green beans with garlic</i>	<i>Roasted root vegetables</i>	<i>Sauteed courgettes</i>	<i>Corn on the cob with a coriander dressing</i>	<i>BBQ beans</i>	<i>Sauerkraut</i>	<i>Braised red cabbage and steamed carrots</i>
'Grab & Go'	<i>Roast vegetable & mozzarella pasta bake</i>	<i>BBQ pork ribs</i>	<i>Sun dried tomato & mozzarella pizza</i>	<i>Goats cheese & caramelised onion tart</i>	<i>Mac n cheese</i>	<i>Sauerbraten – a rich beef stew</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>Coconut flapjacks</i>	<i>Strawberry mille feuille</i>	<i>Lemon tart with raspberry sauce</i>	<i>Chocolate eclairs</i>	<i>Rocky roads</i>	<i>Cherry strudel</i>	<i>Chefs choice</i>

Menu

SUPPER WEEK THREE:



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Event	Mexican theme		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>Chicken burritos with salsa & guacamole</i>	<i>Spicy sausage casserole</i>	<i>Lamb & chickpea tagine</i>	<i>Katsu chicken with curry sauce</i>	<i>Beef chilli with sour cream</i>	<i>Chicken & mushroom pasta bake</i>	<i>Sunday roast with all the trimmings</i>
Main Vegetarian	<i>Quorn & bean burritos with salsa & guacamole</i>	<i>Vegetable chow mien</i>	<i>Beetroot falafels with houmous and khobez bread</i>	<i>Quorn katsu with curry sauce</i>	<i>White bean & vegetable chilli with sour cream</i>	<i>four cheese pasta bake</i>	<i>Vegetable & bean champ pie with gravy</i>
Potatoes or Rice	<i>Mexican rice</i>	<i>Crushed new potatoes</i>	<i>Moroccan roasted potatoes</i>	<i>Steamed rice</i>	<i>Tex-Mex potatoes</i>	<i>Garlic bread</i>	<i>Garlic & rosemary roasted potatoes</i>
Vegetables & Salad	<i>Steamed sweetcorn</i>	<i>Braised red cabbage</i>	<i>Harissa spiced carrots</i>	<i>Pickled cucumber & red onions</i>	<i>Corn on the cob with paprika oil</i>	<i>Steamed broccoli</i>	<i>Broccoli & cauliflower cheese bake Seasonal vegetables</i>
'Grab & Go'	<i>Loaded nachos</i>	<i>Vegetable spring rolls with hoisin dip</i>	<i>Chicken shawarma</i>	<i>Sweetcorn beignets with a tomato chutney</i>	<i>BBQ pork in a soft floured bap</i>	<i>Sweet potato & sundried tomato frittata</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>Baked pineapple with shortbread</i>	<i>Cinnamon whirls</i>	<i>Cake pops</i>	<i>Chocolate Viennese whirls</i>	<i>Oreo pots</i>	<i>White chocolate chip cake</i>	<i>Chefs choice</i>