



ABINGDON

Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Red pepper and tomato	Roasted parsnip and apple	Roasted butternut squash	Classic tomato and herb	Winter vegetable and lentil	STREET LIFE	BRUNCH
Bread Selection	With freshly baked bread and croutons	With freshly baked bread and croutons	With freshly baked bread and croutons	With freshly baked bread and croutons	With freshly baked bread and croutons		
Salad Bar and Dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	Chef's choice salad bar and dressings
Main Meal	LATINO Beef picadillo and cheese tacos	BRITISH CLASSICS Cumberland sausages with crispy onion and gravy	CARIBBEAN Jamican jerk spiced chicken thigh	ROAST Gammon joint with stuffing and gravy	FISH FRIDAY Battered pollock with tartar sauce, lemon	Pork meat balls in a rich tomato sauce with garlic bread	Chefs choice main course
Main Vegetarian / Vegan	Mixed bean and roasted vegetable tacos	Quorn sausges with crispy onion and gravy	Sweet potato and courgette fritter with salsa	Roasted bell pepper stuffed with bean ragu	Grilled quorn fillet with a rich tomato sauce	Mozzarella and sun blushed tomato tart	Chef's choice vegetarian or vegan
Carbohydrate	Braised green rice	Creamy mashed potato	Caribbean rice and beans	Roasted potato	Skin on chips	Penne pasta	Chef's choice carbohydrate
Vegetables	Corn on the cob	Carrots and green beans	Roasted pepper and sweetcorn	Seasonal winter vegetables	Garden peas Baked beans	Sauteed courgettes	Chef's choice vegetables
Fast Track	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Tuna mayonnaise Grated cheese Baked beans	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Tuna mayonnaise Grated cheese Baked beans	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	GRAB & GO Sweet potato and smoked bacon fritatta	Chef's choice fast track
Grab & Go	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Chef's choice grab n go selection
Warm / Cold Dessert	Winter fruit crumble with custard	Double chocolate doughnut	Pancakes with chocolate sauce	Oat and lemon flapjack	Sticky toffee pudding with toffee sauce	Chocolate eclairs	Chef's choice warm / cold dessert



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Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Mediterranean vegetables	Carrot and coriander	Chinese style vegetables	Sweetcorn and potato chowder	Roasted cauliflower	STREET LIFE	BRUNCH
Bread Selection	With freshly baked bread and croutons	With freshly baked bread and croutons	With freshly baked bread and croutons	With freshly baked bread and croutons	With freshly baked bread and croutons		
Salad Bar and Dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	Chef's choice salad bar and dressings
Main Meal	FEAST - GREECE Chicken gyros with tzatziki	BELLA ITALIA Beef and lentil bolognese with garlic bread	TASTE OF ASIA Malay pork NO NUT satay	ROAST Chicken with stuffing and gravy	FOOD HERO Hotdog loaded with topping and sauce selection	Peri peri chicken panini	Chefs choice main course
Main Vegetarian / Vegan	Grilled halloumi and pepper gyros with tzatziki	No meat bolognese with garlic bread	Stir fried tofu with rice noodles	Roasted aubergine topped with feta cheese	Vegetarian hotdog loaded with topping and sauce selection	Feta and roasted vegetable panini	Chef's choice vegetarian or vegan
Carbohydrate	Baked new potato	Wholewheat pasta	Jasmine rice	Roasted potato	Skin on chips	Rustic potato wedges	Chef's choice carbohydrate
Vegetables	Courgette and red onions	Wilted seasonal greens	Roasted carrots	Broccoli florets	Garden peas Baked beans	Cajun spiced slaw	Chef's choice vegetables
Fast Track	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Tuna mayonnaise Grated cheese Baked beans	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Tuna mayonnaise Grated cheese Baked beans	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	GRAB & GO Classic mac 'n' cheese	Chef's choice fast track
Grab & Go	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Chef's choice grab n go selection
Warm / Cold Dessert	Pear, chocolate and black cherry crumble with custard	Ring doughnut	Belgium waffles with chocolate sauce	Jam tart with cream	Chocolate brownie with custard	Mixed forest berry fool	Chef's choice warm / cold dessert



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Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Curried vegetable and chickpeas	Mexican bean and vegetables	Root vegetables	Sweet potato and peppers	Broccoli and cheese	STREET LIFE	BRUNCH
Bread Selection	With freshly baked bread and croutons	With freshly baked bread and croutons	With freshly baked bread and croutons	With freshly baked bread and croutons	With freshly baked bread and croutons		
Salad Bar Dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	Chef's choice salad bar and dressings
Main Meal	FEAST - INDIA Chicken balti with naan bread & mango chutney	MEXICAN KITCHEN Spiced beef taco with a soft tortilla wrap	BRITISH CLASSICS Lancashire slow cooked lamb hotpot	ROAST Pork with stuffing and gravy	FOOD HERO Korean chicken burger, Asian slaw, sriracha mayo in a bap	Pepperoni, cheese and tomato pizza	Chefs choice main course
Main Vegetarian / Vegan	Lentil and chickpea dahl	Spiced tofu & roasted pepper tacos in a soft tortilla wrap	Lancashire root vegetable hotpot	Field mushroom stuffed with caramelised onions & topped with blue cheese	Breaded Quorn fillet in a soft bap with garlic mayonnaise	Classic margarita, cheese and tomato pizza	Chef's choice vegetarian or vegan
Carbohydrate	Braised rice	Rustic potato wedges	Potato and onion bake	Roasted potato	Skin on chips	Garlic bread	Chef's choice carbohydrate
Vegetables	Cauliflower and baby spinach	Corn on the cob	Garden pea and carrots	Seasonal vegetables	Garden peas Baked beans	Roasted pepper and courgettes	Chef's choice vegetables
Fast Track	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Tuna mayonnaise Grated cheese Baked beans	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Tuna mayonnaise Grated cheese Baked beans	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	GRAB & GO Sweet chilli chicken wings	Chef's choice fast track
Grab & Go	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Chef's choice grab n go selection
Warm / Cold Dessert	Apple crumble with custard	Jam doughnut	Pineapple sponge with custard	Chocolate and raisin tiffin	Treacle tart with cream	Yum yums	Chef's choice warm / cold dessert



ABINGDON

Supper Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Theme	BRITISH CLASSICS	POWERING PERFORMANCE	POWERING PERFORMANCE	FEAST - ASIA	CARIBBEAN	WEEKEND VIBES	ROAST
Salad Bar and Dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings
Main Meal	Hunters chicken, bacon, melted cheese, barbeque sauce	Teriyaki beef and mushrooms	Grilled pork chop with an apple chutney	Katsu chicken burger brioche bun	Jamaican lamb and bean stew	Cottage beef pie	Sunday roast with all the trimmings
Main Vegetarian / Vegan	Barbeque jackfruit	Edamame bean and vegetable stir-fry	Sweet potato cake topped with a poached egg	Quorn katsu burger brioche bun	Sweet potato and bean stew	Vegetable lasagne with garlic bread	Vegetarian roast with all the trimmings
Carbohydrate	Sauteed potato	Steamed rice	Creamy mashed potato	Curly fries	Coconut rice	New potatoes	Roasted potatoes
Vegetables	Roasted cauliflower	Sauteed greens	Roasted root vegetables	Asian slaw	Roasted butternut squash and spinach	Garden peas	Seasonal Vegetables
Fast Track	Tuna and sweetcorn pasta bake	Vegetable spring rolls	Sweet chilli chicken wings	Mushroom and thyme risotto	Bacon and mushroom carbonara with penne pasta	Crispy popcorn chicken	Cauliflower cheese Braised red cabbage
Whole fruit	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots
Warm / Cold Dessert	Ice cream sundae	Banoffee cheesecake	Chocolate tart	Selection of iced sorbets	Vanilla panna cotta with raspberries	Red velvet cookies	Chefs choice TREAT



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Supper Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Theme	BAZAAR	QUIRKY BIRD	FOOD HERO	FEAST - SPAIN	MEZZE	WEEKEND VIBES	ROAST
Salad Bar and Dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings
Main Meal	Lamb and chickpea tagine	Southern fried chicken	Beef stroganoff	Spanish pork and chorizo stew	Lamb kofta with a mint yogurt dressing	Beef burger with topping and sauce selection	Sunday roast with all the trimmings
Main Vegetarian / Vegan	Aubergine and cheese stack	Southern fried Quorn	Mushroom and pepper stroganoff	Spinach and feta cheese filo parcels	Halloumi and vegetable gyros	Spicy bean burger with topping and sauce selection	Vegetarian roast with all the trimmings
Carbohydrate	Braised rice	Peri peri fries	Braised rice	Roasted garlic mashed potatoes	Coriander and mint cous cous	Curly fries	Roasted potatoes
Vegetables	Sauteed green beans with garlic	Corn on the cob	Steamed carrots	Roasted courgettes finished with basil oil	Roast aubergine and red onion	Smokey BBQ beans	Seasonal Vegetables
Fast Track	Roasted vegetable frittata	Mac 'n' cheese bites	Chicken and pepper skewers with sweet chilli dip	Margarita, tomato and mozzarella pizza	Caramelised onion and goats cheese tart	Loaded nachos with Jalapenos, melted cheese and avocado	Cauliflower cheese Braised red cabbage
Whole fruit	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots
Warm / Cold Dessert	Blueberry fool with shortbread	Tropical fruit pavlova	Baoffee pie	Fruits of the Forrest trifle	Dark chocolate tart	Mango cheesecake	Chefs choice TREAT



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Supper Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Theme	BELLA ITALIA	MEZZE	FEAST - GREECE	MEXICAN KITCHEN	FEAST - ASIA	WEEKEND VIBES	ROAST
Salad Bar and Dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings
Main Meal	Pork meatballs in a rich tomato sauce	Lamb bhuna gosht curry	Chicken souvlaki with Tzatziki and khobez bread	Beef chilli con carne with sour cream	Thai pork rendang currey	Sweet and sour chicken	Sunday roast with all the trimmings
Main Vegetarian / Vegan	Vegetable and bean ragu	Lentil and chickpea curry	Halloumi and cherry tomato souvlaki with tzatziki and khobez bread	Vegetable and bean chilli with sour cream	Stir fried tofu with rice noodles	Hoisin mushrooms and broccoli	Vegetarian roast with all the trimmings
Carbohydrate	Penne pasta	Cardamon rice	Roasted new potatoes	Jacket potato	Jasmine rice	Egg noodles	Roasted potatoes
Vegetables	Roasted courgettes	Roasted cauliflower and spinach	Pickled red cabbage	Roasted sweetcorn and peppers	Carrots with chilli and ginger	Sauteed Chinese cabbage	Seasonal Vegetables
Fast Track	Prawn and pea risotto	Vegetable samosas	Cheddar cheese toasties	Mushroom and spinach quiche	Tomato and vegetable pasta bake	BBQ pork ribs	Cauliflower cheese Braised red cabbage
Whole fruit	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots	Selection of whole and cut fruit, yoghurts with topping pots, jelly pots
Warm / Cold Dessert	Tiramisu	Oat flapjack	Greek yoghurt, banana, granola and honey	Crème brulee cheesecake	Poppy seed lemon drizzle cake	Mixed ice-cream tubs	Chefs choice TREAT