



ABINGDON

Menu ONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Carrot and coriander	Tomato and basil	Mushroom and cream	Lemon courgette	Autumn vegetables	BELLA ITALIA	BRUNCH
Baked Daily	Bread and croutons	Bread and croutons	Bread and croutons	Bread and croutons	Bread and croutons		
Salad Island	Simple and composite salad selection	Simple and composite salad selection	Simple and composite salad selection	Simple and composite salad selection	Simple and composite salad selection	Simple and mixed salad selection	Simple and mixed salad selection
Main Meal	CLASSIC BRITISH Butcher pork sausages with onion gravy	TASTE OF ASIA Katsu chicken	BELLA ITALIA Beef bolognaise	REAL GREEK Chicken souvlaki	CHIP SHOP Catch of the day Goujons / fillet	Meat feast pizza	Chef's choice main meal
Plant Based Vegetarian	PLANT BASED Vegetarian / Vegan sausages	PLANT BASED Katsu quorn filets	PLANT BASED Soya mince bolognaise	VEGETARIAN Slow cooked vegetable moussaka	PLANT BASED Vegetarian / Vegan sausages	VEGETARIAN Mac and cheese	Chef's choice plant based vegetarian
Carbohydrate	Mashed potato	Jasmine rice	Penne Pasta	Pita bread	Chunky chips	Garlic dough balls	Chef's Choice
Vegetable ONE	Sweetcorn	Seasonal mixed vegetables	Roasted peppers	Seasonal mixed vegetables	Garden peas Mushy peas	Mediterranean vegetables	Chef's choice
Vegetable TWO	Seasonal green vegetables	Oriental vegetables	Mediterranean vegetables	Creamed spinach	Baked beans	Italian garden salad	Chef's choice
Fast Track	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Baked beans Sour cream Grated cheese	HOT SANDWICH BAR Toasted paninis Meat feast Mozzarella and tomato Garlic mushroom	JACKET POTATO BAR Chef's choice topping Baked beans Sour cream Grated cheese	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	Chef's choice	Chef's choice
Grab & Go	Selection of whole fruit, dessert / yoghurt with topping pots, jelly pots	Selection of whole fruit, dessert / yoghurt with topping pots, jelly pots	Selection of whole fruit, dessert / yoghurt with topping pots, jelly pots	Selection of whole fruit, dessert / yoghurt with topping pots, jelly pots	Selection of whole fruit, dessert / yoghurt with topping pots, jelly pots	Selection of whole fruit, dessert / yoghurt with topping pots, jelly pots	Selection of whole fruit, dessert / yoghurt with topping pots, jelly pots
Warm / Cold Dessert	White chocolate and raspberry blondie	Sticky toffee pudding with custard	Lemon drizzle cake	Apple crumble with custard	Chocolate brownie	Homemade muffins	Chef's choice dessert



Menu TWO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	White onion and apple	Sweetcorn chowder	Tuscan beans	Creamy broccoli	Roasted root vegetables	AMERICAN DINER	BRUNCH
Baked Daily	Bread and croutons	Bread and croutons	Bread and croutons	Bread and croutons	Bread and croutons		
Salad Island	Simple and mixed salad selection	Simple and mixed salad selection	Simple and mixed salad selection	Simple and mixed salad selection	Simple and composite salad selection	Simple and mixed salad selection	Simple and mixed salad selection
Main Meal	TASTE OF FRANCE Slow cooked beef bourguignon	TASTE OF ASIA Kung pao chicken	BELLA ITALIA Traditional bacon carbonara	MEXICAN KITCHEN Barbacoa chicken	CHIP SHOP Catch of the day Goujons / fillet	Beef burger	Chef's choice main meal
Plant Based Vegetarian	PANT BASED Mushroom and green lentil casserole	VEGETARIAN Tofu and vegetable stir-fry noodles	PLANT BASED Four cheese sauce	VEGETARIAN Mexican bean and rice burrito	PLANT BASED Vegetarian / Vegan Sausages	Spiced bean burger	Chef's choice plant based vegetarian
Carbohydrate	Crushed mid potato	Steamed rice	Fusilli pasta	Tortilla / Corn tacos	Chunky chips	Skinny fries	Chef's Choice
Vegetable ONE	Carrots	Seasonal mixed vegetables	Broccoli	Seasonal mixed vegetables	Garden peas Mushy peas	Onion rings	Chef's choice
Vegetable TWO	Seasonal green vegetables	Grean beans	Mediterranean vegetables	Sweetcorn	Baked beans	Southern slaw	Chef's choice
Fast Track	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Baked beans Sour cream Grated cheese	HOT SANDWICH BAR Toasted paninis Meat feast Mozzarella and tomato Garlic mushroom	JACKET POTATO BAR Chef's choice topping Baked beans Sour cream Grated cheese	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	Chef's choice	Chef's choice
Grab & Go	Selection of whole fruit, dessert / yoghurt with topping pots, jelly pots	Selection of whole fruit, dessert / yoghurt with topping pots, jelly pots	Selection of whole fruit, dessert / yoghurt with topping pots, jelly pots	Selection of whole fruit, dessert / yoghurt with topping pots, jelly pots	Selection of whole fruit, dessert / yoghurt with topping pots, jelly pots		
Warm / Cold Dessert	Jam and coconut cake	Pear crumble with custard	Carrot cake	Blueberry crumble cake with custard	Chocolate fudge cake	Homemade muffins	Chef's choice dessert



A BINGDON

Menu THREE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Butternut squash	Harira lentils	Minestrone	Roasted celeriac	Seasonal green vegetables	MEXICAN KITCHEN	BRUNCH
Baked Daily	Bread and croutons	Bread and croutons	Bread and croutons	Bread and croutons	Bread and croutons		
Salad Island	A selection of compound and simple salads	A selection of compound and simple salads	A selection of compound and simple salads	A selection of compound and simple salads	Simple and composite salad selection	A selection of compound and simple salads	A selection of compound and simple salads
Main Meal	TASTE OF SPAIN Herb and garlic chicken	TASTE OF ASIA Korean bulgogi beef	BELLA ITALIA Pork meatballs in tomato sauce	MEZZE FEAST Chicken doner kebab	CHIP SHOP Catch of the day Goujons / fillet	Barbacoa slow-cooked chicken	Chef's choice main meal
Plant Based Vegetarian	PLANT BASED Vegetarian / Vegan paella	PLANT BASED Korean sticky mushroom bao bun	PLANT BASED Vegan meatballs in tomato / cheese sauce	VEGETARIAN Halloumi / Falafel kebab	PLANT BASED Vegetarian / Vegan sausages	Baked loaded nachos	Chef's choice plant based vegetarian
Carbohydrate	Patata bravas	Rice noodles	Linguini pasta	Flatbread	Chunky chips	Green rice	Chef's Choice
Vegetable ONE	Roasted green peppers	Seasonal mixed vegetables	Courgette	Seasonal mixed vegetables	Garden peas Mushy peas	Mixed spiced peppers	Chef's choice
Vegetable TWO	Seasonal green vegetables	Kimchi cabbage	Mediterranean vegetables	Sauteed kale	Baked beans	Mexican bean salad	Chef's choice
Fast Track	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Baked beans Sour cream Grated cheese	HOT SANDWICH BAR Toasted paninis Meat feast Mozzarella and tomato Garlic mushroom	JACKET POTATO BAR Chef's choice topping Baked beans Sour cream Grated cheese	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	Chef's choice	Chef's choice
Grab & Go	Selection of whole fruit, dessert / yoghurt with topping pots, jelly pots	Selection of whole fruit, dessert / yoghurt with topping pots, jelly pots	Selection of whole fruit, dessert / yoghurt with topping pots, jelly pots	Selection of whole fruit, dessert / yoghurt with topping pots, jelly pots	Selection of whole fruit, dessert / yoghurt with topping pots, jelly pots		
Warm / Cold Dessert	Apple and cinnamon cake	Forest fruit crumble with custard	Mandarin cheesecake	Chocolate sponge with chocolate custard	Chocolate chip flapjack	Homemade muffins	Chef's choice dessert

Supper Week ONE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Theme	MEXICAN KITCHEN	CARIBBEAN SHACK	TASTE OF ASIA	AMERICAN DINER	CURRY NIGHT	HOME COMFORTS	ROAST
Soup	Mexican five beans	Callaloo spinach & potato	Seaweed & ginger	Sweetcorn chowder	Tofu tom yum	Soup of the day	Soup of the day
Salad Bar & Dressings	Simple and mixed salad selection with dressings	Simple and mixed salad selection with dressings	Simple and mixed salad selection with dressings	Simple and mixed salad selection with dressings	Simple and mixed salad selection with dressings	Simple and mixed salad selection with dressings	Simple and mixed salad selection with dressings
Main Meal	Chicken tortilla wraps	Jerk pork steak	Soy and garlic tofu - Meatless	Southern fried chicken	Beef massaman curry	Gammon with fried egg and pineapple	Chef's choice main meal
Main Vegetarian Plant Based	Vegetable and soya fajitas	Pumpkin and chickpea curry	Noodle and vegetable chow mein	Barbecue tempeh	Thai green oriental vegetable curry	Bubble n squeak with poached egg	Chef's choice vegetarian
Carbohydrate	Spiced rice	Potato wedges	Steamed rice	Skinny fries	Coconut rice	Chunky chips	Roasted potato
Vegetables	Mixed peppers	Spiced cauliflower	Oriental greens	Southern fried chicken	Asian greens	Crushed peas	Seasonal vegetables
Grab & Go	Loaded nachos	Trinidad pasta bake	Sweet and sour chicken bites	Mac and cheese	Spring rolls	Falafel with humous and pita bread	Chef's choice grab & go
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	Cookie traybake	Exotic cheesecake pot	Syrup sponge with cream	Banoffee dessert pot	Pastry with topping and sauce selection	Chef's choice	Chef's choice



Supper Week TWO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Theme	BELLA ITALIA	NORD HAUS	TASTE OF ASIA	ALPINE PEAK	CURRY NIGHT	HOME COMFORTS	ROAST
Soup	Tomato and herbs	Potato and dill	Udon noodle broth	Root vegetable and lentils	Mulligatawny	Soup of the day	Soup of the day
Salad Bar & Dressings	Simple and mixed salad selection with dressings	Simple and mixed salad selection with dressings	Simple and mixed salad selection with dressings	Simple and mixed salad selection with dressings	Simple and mixed salad selection with dressings	Simple and mixed salad selection with dressings	Simple and mixed salad selection with dressings
Main Meal	Milanese breaded chicken	Swedish meatballs in creamy sauce	Katsu - Meatless	Swiss pork casserole	Kerala chicken curry	Traditional beef lasagne	Chef's choice main meal
Main Vegetarian Plant Based	Gnocchi with ricotta cheese and spinach	Creamed mushrooms	Miso tofu with oriental greens	Roasted potato with onion and fried egg	Paneer cheese and spinach dhal	Mushroom ravioli	Chef's choice vegetarian plant based
Carbohydrate	Spaghetti pasta	Mashed potato	Steamed rice	Potato rosti	Basmati rice	Mashed potato	Roasted potato
Vegetables	Courgette	Garden peas	Miso broccoli	Swiss chard	Cauliflower	Sauteed greens	Seasonal vegetables
Grab & Go	Herb & garlic bread slice	Scandinavian pasta bake	Sticky chicken wings	Swiss cheese and leek bake	Onion bhaji	American cheese melt sub roll	Chef's choice grab & go
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	Seeded flapjack	Berry cheesecake pot	Brioche pudding with toffee sauce	Black forest dessert pot	Waffles with topping and sauce selection	Chef's choice	Chef's choice



Supper Week THREE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Theme	REAL GREEK	TASTE OF FRANCE	TASTE OF ASIA	AMERICAN DINER	CURRY NIGHT	HOME COMFORTS	ROAST
Soup	Chickpea and paprika	Creamy spinach	Pho noodle and vegetables	Boston barbecue beans	Spiced roasted pumpkin	Soup of the day	Soup of the day
Salad Bar & Dressings	Simple and mixed salad selection with dressings	Simple and mixed salad selection with dressings	Simple and mixed salad selection with dressings	Simple and mixed salad selection with dressings	Simple and mixed salad selection with dressings	Simple and mixed salad selection with dressings	Simple and mixed salad selection with dressings
Main Meal	Pork gyros	Chicken coq au vin	Korean barbecue - Meatless	Sloppy joe beef in a roll	Keema lamb curry	Hunters chicken breast	Chef's choice main meal
Main Vegetarian Plant Based	Blackened cauliflower and bean taco	Quorn hotdogs with onions	Oriental vegetable pancakes	Chilli quorn dogs	Curried cauliflower and lentils	Loaded breaded mushrooms	Chef's choice vegetarian plant based
Carbohydrate	Lemon rice	New potato	Steamed rice	Potato wedges	Aromatic rice	Diced potato	Roasted potato
Vegetables	Garlic mushrooms	Green beans	Carrots and ginger	Southern style slaw	Okra and tomato	Peppers and courgettes	Seasonal vegetables
Grab & Go	Loaded pita bread	Cauliflower and cheese bake	Soy and chilli meat balls	Onion rings	Vegetable bhaji	Caprese tomato, mozzarella and basil panini	Chef's choice grab & go
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	Lemon drizzle cake	Apple cheesecake pot	Vanilla sponge with chocolate sauce	S'mores dessert pot	Pancakes with topping and sauce selection	Chef's choice	Chef's choice