



ABINGDON

Menu Week ONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Tomato and basil	Sweetcorn chowder	Roasted winter vegetable	Pesto minestrone broth	Creamy mushroom	HOME COMFORTS	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 composite salad selection	Simple and composite salad selection
Main Meal	Swedish meatballs with creamy gravy	Chicken korma curry with mini naan bread	Honey roasted gammon joint with pineapple	Beef bolognaise with herb and garlic bread slice	Hot dog, smoked pork sausage in a sub roll	Beef / chicken & bacon pie slices	All day breakfast
Plant Based Vegetarian	Courgette and roasted red pepper risotto	Spinach and crumbled feta cheese pasta bake	Butter bean and roasted beetroot filo pie	Broccoli and caramelised onion frittata	Quorn chilli with soya glazed poached carrot	Tomato and mozzarella pizza	Quorn patties muffin
Carbohydrate	Mashed potato	Braised rice	Roasted potatoes	Penne pasta	Potato wedges	Skinny fries	Hash browns
Vegetable ONE	Sweetcorn	Roasted butternut squash	Braised red cabbage	Green and yellow courgette	Corn on the cob	Gaden peas	Chef's choice
Vegetable TWO	Garden peas	Green beans	Carrots and parsnips	Roasted sprouts	Boston baked beans	Creamy coleslaw	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 panini / ciabatta Barbecue chicken Meat feast Mozzarella and tomato	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	Whole fruit selection Yoghurt with toppings Jelly pots	Whole fruit selection Yoghurt with toppings Jelly pots	Whole fruit selection Yoghurt with toppings Jelly pots	Whole fruit selection Yoghurt with toppings Jelly pots	Whole fruit selection Yoghurt with toppings Jelly pots	Whole fruit selection Yoghurt with toppings Jelly pots	Whole fruit selection Yoghurt with toppings Jelly pots
Warm / Cold Dessert	Apple and cinnamon crumble with custard	Blackberry jaffa cake	Sticky toffee pudding with caramel sauce	Seeded flapjack	Waffles with topping and sauce selection	Chef's choice	Chef's choice



Menu Week TWO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Leek and potato	Spiced parsnip	Butternut squash	Cauliflower and onion	Barley winter broth	STREET FOOD CORNER	BRUNCH
Baked Daily	Bread and croutons	Bread and croutons	Bread and croutons	Bread and croutons	Bread and croutons		
Salad Bar	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 composite salad selection	Simple and composite salad selection
Main Meal	Chicken 'no nut' satay sauce	Slow cooked lamb and root vegetable hotpot	Roasted breast of turkey with stuffing balls	Carbonara sauce with herb and garlic bread slice	Breaded or battered fish / Pie selection	Oriental dumpling selection and tempura fried prawns	All day breakfast
Plant Based Vegetarian	Cauliflower and chickpea masala	Butternut squash and mushroom wellington	Leek and celeriac pasta bake with dough balls	Mediterranean vegetable and lentil lasagne	Battered halloumi cheese with line mayo	Large vegetable spring roll	Quorn patties muffin
Carbohydrate	Steamed rice	Lyonnais potatoes	Roasted potatoes	Fusilli pasta	Chunkey chips	Crispy fried noodles	Hash browns
Vegetable ONE	Bok choy	Savoy cabbage	Seasonal root vegetables	Courgettes	Mushy peas	Stir-fried green vegetables	Chef's choice
Vegetable TWO	Sticky carrots	Cauliflower	Braised shredded cabbage	Mixed peppers	Garden peas	Vietnamese rice paper rolls	Chef's choice
Fast Track	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	HOT SANDWICH BAR Toasted panini / ciabatta Barbecue chicken Meat feast Mozzarella and tomato	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	Whole fruit selection Yoghurt with toppings Jelly pots	Whole fruit selection Yoghurt with toppings Jelly pots	Whole fruit selection Yoghurt with toppings Jelly pots	Whole fruit selection Yoghurt with toppings Jelly pots	Whole fruit selection Yoghurt with toppings Jelly pots		
Warm / Cold Dessert	Plum and apple crumble with custard	Treacle tart	Jam sponge vanilla custard	Rocky road	Pancakes with topping and sauce selection	Chef's choice	Chef's choice



Menu Week THREE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Spiced pumpkin	Carrot and coriander	Yellow split pea	Creamy celeriac	Roasted sweet potato	STREET FOOD CORNER	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 composite salad	Simple and composite salad selection
Main Meal	Sausage toad in the hole with onion gravy	Chicken sweet and sour with prawn crackers	Roast pork with crackling and apple sauce	Creamy tomato chicken, herb and garlic bread slice	BYO Beef burger with topping and sauce selection	Hunters chicken breast	All day breakfast
Plant Based Vegetarian	Celeriac and chestnut mushroom filo pie	Aubergine moussaka with crumbled feta cheese	Ultimate marconi cheese with garlic dough balls	Spiced cauliflower wings with coconut lentils	Bean and beetroot burger with harissa tomato salsa	Loaded breaded mushrooms	Quorn patties muffin
Carbohydrate	Mashed potato	Special fried rice	Roasted potatoes	Pasta selection	Skinny fries	Sliced crispy potato	Hash browns
Vegetable ONE	Roasted carrots	Stir fried garlic green beans	Cauliflower cheese	Sauteed shredded sprouts	Mini corn on the cob	Green beans	Chef's choice
Vegetable TWO	Garden peas	Chinese cabbage	Broccoli	Red peppers	Onion rings	Creamy coleslaw	Chef's choice
Fast Track	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	Jacket potato Chef's choice topping Baked beans Sour cream Grated cheese	HOT SANDWICH BAR Toasted panini / ciabatta Barbecue chicken Meat feast Mozzarella and tomato	Jacket potato Chef's choice topping Baked beans Sour cream Grated cheese	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	Caprese tomato, mozzarella and basil panini	Chef's choice
Grab & Go	Whole fruit selection Yoghurt with toppings Jelly pots	Whole fruit selection Yoghurt with toppings Jelly pots	Whole fruit selection Yoghurt with toppings Jelly pots	Whole fruit selection Yoghurt with toppings Jelly pots	Whole fruit selection Yoghurt with toppings Jelly pots	Whole fruit selection Yoghurt with toppings Jelly pots	Whole fruit selection Yoghurt with toppings Jelly pots
Warm / Cold Dessert	Cherry and apple crumble with custard	Coconut and cranberry flap jack	Caramel apple pie with custard	Chocolate brownie	Churros with chocolate custard	Chef's choice	Chef's choice



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 peppers and onion fajitas	Jerk pork steak	Sweet and sour chicken	Slow cooked barbecue pork	Beef massaman curry	Slow cooked chicken one pot	Chef's choice main meal
Main Vegetarian Plant Based	Bean and vegetable fajitas	Pumpkin and sweet potato curry	Soy and garlic tofu	Barbecue quorn chilli	Thai green oriental vegetable curry	Cauliflower cheese	Chef's choice vegetarian
Carbohydrate	Spiced rice	Potato wedges	Steamed rice	Skinny fries	Coconut rice	Crispy fried potatoes	Roasted potato
Vegetables	Mixed peppers	Spiced cauliflower	Oriental greens	Southern slaw	Asian greens	Crushed peas	Seasonal vegetables
Grab & Go	Loaded nachos	Trinidad pasta bake	Vegetable chow mein	Onion rings	Spring rolls	Mac n cheese	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	Chocolate brownie	Chef's choice	Chef's choice



Supper Week TWO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Theme	TASTE OF FRANCE	BELLA ITALIA	TASTE OF ASIA	TASTE OF PORTUGAL	CURRY NIGHT	HOME COMFORTS	ROAST
Soup	Potato and dill	Tomato and herbs	Prawn 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	Pork meatballs with mustard and chive sauce	Chicken puttanesca tomato sauces	Beef in black bean sauce	Peri peri chicken	Kerala chicken curry	Traditional beef lasagne	Chef's choice main meal
Main Vegetarian Plant Based	Vegan meatballs with creamy sauce	Four cheese tortellini	Marinated tofu with oriental greens	Portuguese stuffed bell pepper	Bombay potato, paneer cheese and spinach	Mushroom risotto	Chef's choice vegetarian plant based
Carbohydrate	Mashed potato	Penne pasta	Steamed rice	Crispy fried potato	Basmati rice	Dough balls	Roasted potato
Vegetables	Green beans	Lemon courgette	Miso broccoli	Mini corn cobs	Cauliflower	Sauteed greens	Seasonal vegetables
Grab & Go	Crispy breaded mushrooms	Herb & garlic bread slice	Vegetable dumplings with dipping sauce	Breaded cheese bites	Onion bhaji	Pepperoni and cheese pizza slice	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 traybake	Berry cheesecake pot	Brioche pudding with toffee sauce	Black forest dessert pot	Seeded flapjack	Chef's choice	Chef's choice



Supper Week THREE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Theme	REAL GREEK	AMERICAN DINER	TASTE OF ASIA	MEXICAN KITCHEN	CURRY NIGHT	HOME COMFORTS	ROAST
Soup	Chickpea and paprika	Butternut squash	Thai tom yum	Five bean broth	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	Chicken souvlaki	Pork sausage hot dog with onion and sauces	Satay 'no nut' chicken	Mexican beef tacos	Jalfrezi chicken curry	Korean barbecue pulled pork bao bun	Chef's choice main meal
Main Vegetarian Plant Based	Spanakopita, pastry, spinach and feta cheese	Quorn sausage hotdog	Large spring rolls with sweet chilli sauce	Chilli quorn tacos	Curried cauliflower steak with yoghurt sauce	Korean barbecue pulled jack fruit bao bun	Chef's choice vegetarian plant based
Carbohydrate	Lemon rice	Potato wedges	Egg noodles	Spiced crispy potato	Aromatic rice	Stir-fried egg noodles	Roasted potato
Vegetables	Roasted peppers	Onion rings	Carrots and ginger	Sweetcorn	Spinach and chickpea	Bok choy in hoi sin sauce	Seasonal vegetables
Grab & Go	Loaded pita bread	Mac n cheese bites	Mushroom and kimchi cabbage omelette	Loaded potato halves	Vegetable samosa	Prawn crackers with dipping sauce	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	Banana and chocolate traybake	Winter cheesecake pot	Vanilla sponge with chocolate sauce	S'mores dessert pot	Butter shortbread	Chef's choice	Chef's choice