



ABINGDON

Menu ONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Garden pea and mint	Carrot and fresh ginger	Yellow bell pepper	Creamy celeriac	Roasted red pepper and tomato	WEEKEND 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	Mediterranean sausages with peperonata and spiced tomato sauce	Chicken korma curry with poppadums, raita and mango chutney	Roasted pork loin with apple sauce, pork crackling and gravy	Sticky sweet and sour crispy-fried chicken with prawn crackers	Beef burger with cheese, tomato, crisp lettuce and sauce selection	Hunters chicken with bacon and barbecue sauce	Chef's choice main meal
Plant Based Vegetarian	Deep fried mozzarella balls with spiced cauliflower steaks	Loaded mini naan bread with tikka paneer cheese, tomato kachumber	Spinach and ricotta cheese tortellini with garlic an herb bread	Spiced cauliflower steak with creamy coconut lentil and mango chutney	Homemade bean burger, oriental slaw, beetroot bap and sauce selection	Cauliflower and cheese pasta bake	Chef's choice plant based vegetarian
Carbohydrate	Parmesan mashed potatoes	Steamed basmati rice	Roasted potatoes	Steamed jasmin rice	Skinny fries	Sliced crispy potatoes	Chef's Choice
Vegetable ONE	Lemon oil scented courgettes	Spiced aubergines	Seasonal root vegetables	Oriental mixed greens	Sweetcorn	Sugar snaps	Chef's choice
Vegetable TWO	Green beans	Aloo gobi	Broccoli florets	Soy and garlic mooli and carrots	Onion rings	Garden peas	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 Grated cheese Sour cream	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Baked beans Grated cheese Sour cream	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
Cold / Warm Dessert	Chocolate marble cake	Apple and blackberry crumble	Eton mess	Syrup sponge with custard	Chocolate brownie	Chef's choice dessert	Chef's choice dessert



Menu TWO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Italian green vegetables	Creamy white onion	Butternut squash	Summer vegetable minestrone	Classic tomato and basil	WEEKEND COMFORTS	BRUNCH
Baked Daily	Bread and croutons	Bread and croutons	Bread and croutons	Bread and croutons	Bread and croutons		
Salad Island	A selection of simple and composite salads	A selection of simple and composite salads	A selection of simple and composite salads	A selection of simple and composite salads	A selection of simple and composite salads	A selection of simple and composite salads	A selection of simple and composite salads
Main Meal	Southern fried chicken, barbecue sauce spring onion and red chilli	Turkish minced lamb with butternut squash and dried apricots	Roasted turkey crown with stuffing balls and gravy	Chicken puttanesca, spiced tomato sauce, olive and capers	Cod goujons with curry sauce / Creamy fish pie with mashed potato	Katsu breaded chicken with curry sauce	Chef's choice main meal
Plant Based Vegetarian	Barbecue marinated tofu with lemon, spring onion and chilli	Aubergine with sweet potato and raisin tagine	Wild mushroom and ruby beetroot wellington	Tuscan vegetable lasagne with dough balls	Battered halloumi cheese with tartare sauce and lemon	Katsu spiced quorn fillet with curry sauce	Chef's choice Vegetarian / Plant Based
Carbohydrate	New baby potatoes	Spiced couscous / Braised rice	Roasted potatoes	Tagliatelle pasta	Chunky chips	Floured bap	Chef's Choice
Vegetable ONE	Pea, tomato and red onions	Broccoli florets	Seasonal root vegetables	Mediterranean mixed vegetables	Garden peas	Sweet potato wedges	Chef's choice
Vegetable TWO	Summer cabbage	Roasted mixed peppers	Cauliflower cheese	Roasted fennel	Mushy peas	Asian 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 Grated cheese Sour cream	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Baked beans Grated cheese Sour cream	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		
Cold / Warm Dessert	Banana and chocolate chip cake	Plum and apple crumble with custard	Blueberry cheesecake	Chocolate sponge with custard	Cranberry flapjack	Chef's choice dessert	Chef's choice dessert



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Menu THREE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Summer leek and peas	Turnip and apple	Cauliflower and spinach	Sweet potato and coconut	Tomato and lentils	WEEKEND 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	Pork meatballs 'ho-nut' satay sauce with pickled ginger and spring onions	Chicken, lemon, garlic with green courgette and basil pesto	Honey glazed gammon joint with grilled pineapple and gravy	Thai massaman chicken curry with potato and coconut milk	Hot dog, pork sausage with chilli con carne and caramelised onions	Meat feast pasta bake	Chef's choice main meal
Plant Based Vegetarian	Korean vegan meat balls with gochujang sauce	Broccoli and cannellini bean stew	Butterbean with goats cheese and baby beetroot filo pie	Mushroom gyoza dumplings with soya, honey and chilli sauce	Quorn sausages with vegetarian chilli sin carne	Margarita, tomato and cheese pizza	Chef's choice plant based vegetarian
Carbohydrate	Steamed jasmine rice	Crushed new potatoes	Roasted potatoes	Egg noodles / Aromatic rice	Rustic potato wedges	Garlic dough balls	Chef's Choice
Vegetable ONE	Soy carrots	Spiced cauliflower	Seasonal root vegetables	Oriental mixed vegetables	Creamy coleslaw	Roast mixed peppers	Chef's choice
Vegetable TWO	Chinese cabbage and bok choy	Garden peas	Sweetheart cabbage	Green beans	Mini sweetcorn cobs	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 Grated cheese Sour cream	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Baked beans Grated cheese Sour cream	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		
Cold / Warm Dessert	Raspberry and coconut slice	Summer berry and pear crumble with custard	Sprinkle vanilla cake	Caramel sponge with custard	Blueberry blondie	Chef's choice dessert	Chef's choice dessert