



ABINGDON

Menu ONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Tomato and white beans	Sweetcorn chowder	Lentil and aubergine	Tomato gazpacho	Oriental vegetable broth	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
	WORLD TASTES	WORLD TASTES	BUILD YOUR OWN	STREET FOOD	BUILD YOUR OWN		
Main Meal	Tex-mex breaded chicken strips	Char sui pork loin with spring onions	Chicken Caesar salad with parmesan	Vietnamese bun cha crispy pork meatballs	Battered pollock fish goujons	Hunters chicken with bacon and barbecue sauce	Chef's choice main meal
Plant Based Vegetarian	Roasted aubergine, miso, honey and soy	Paneer bhurji loaded naan bread	Gnocchi with mushroom, spinach and truffle oil	Cauliflower steak with creamy coconut lentil and mango chutney	Homemade bean burger, oriental slaw, brioche bun	Cauliflower and cheese pasta bake	Chef's choice plant based vegetarian
Carbohydrate	Mixed beans and rice	Egg / Rice noodles	Herb and garlic bread	Steamed jasmin rice	New potato	Sliced crispy potatoes	Chef's Choice
Vegetable ONE	Sweetcorn	Spiced aubergines	Seasonal mixed vegetables	Asian green vegetables	Green beans	Sugar snaps	Chef's choice
Vegetable TWO	Mixed peppers	Oriental vegetables	Broccoli florets	Soy and garlic mooli and carrots	Red onion and olives	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
Dessert	Coconut and raspberry slice	Lemon drizzle cake	Vanilla sprinkle cake	Blueberry crumble cake	Rice krispie cakes	Chef's choice dessert	Chef's choice dessert



Menu TWO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Tomato and ozo pasta	Green gazpacho	Creamy cauliflower and garlic	Carrot and coriander	Roasted pepper and fennel	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
	FAVOURITES	BUILD YOUR OWN	WORLD TASTES	BUILD YOUR OWN	FAVOURITES		
Main Meal	Pork with barbecue sauce	Lebanese harissa chicken	Malaysian *No nut* satay pork loin	Mediterranean herb and lemon chicken	Fish pollock filets with curry sauce	Katsu breaded chicken with curry sauce	Chef's choice main meal
Plant Based Vegetarian	Marinated tofu with lemon, spring onion and chilli	Sweet potato, chickpea and spinach dahl	Tuscan vegetable lasagne with dough balls	Bubble and squeak with hens egg	Grilled cheese in folded flat flatbread	Katsu spiced quorn fillet with curry sauce	Chef's choice Vegetarian / Plant Based
Carbohydrate	Baked potato wedges	Spiced couscous / Braised rice	Steamed jasmin rice	Fussili / penne pasta	Chunky chips	Floured bap	Chef's Choice
Vegetable ONE	Onion rings	Cauliflower	Seasonal root vegetables	Mediterranean mixed vegetables	Garden peas	Sweet potato wedges	Chef's choice
Vegetable TWO	Mini corn cobs	Roasted mixed peppers	Broccoli florets	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	Selection of whole fruit, dessert / yoghurt with topping pots, jelly pots	Selection of whole fruit, dessert / yoghurt with topping pots, jelly pots
Dessert	Victoria sponge	Chocolate and banana bake	Lemon and oats bar	Summer berry cake	Coconut and chocolate chip flapjack	Chef's choice dessert	Chef's choice dessert



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Menu THREE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Creamy mushroom	Spinach and potato	Harira tomato and lentil	Chilled cucumber and dill	Broccoli and lemon	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
	WORLD TASTES	WORLD TASTES	BUILD YOUR OWN	WORLD TASTES	FAVOURITES		
Main Meal	General Tso's crispy chicken with sticky sauce	Mexican pork with tortilla chips	Chicken souvlaki	Roasted pork loin, tomato and creamy basil sauce	Hot dog, pork sausage with toppings and sauces	Meat feast pasta bake	Chef's choice main meal
Plant Based Vegetarian	Broccoli and cannellini bean stew	Korean vegan meat balls with gochujang sauce	Butterbean with goats cheese and baby beetroot filo pie	Spanakopita, feta cheese, spinach and filo pastry	Quorn sausages with vegetarian chilli sin carne	Margarita, tomato and cheese pizza	Chef's choice plant based vegetarian
Carbohydrate	Egg /rice noodles	Dirty rice	Pita bread	Tagliatelle / linguine pasta	Skinny potato fries	Garlic dough balls	Chef's Choice
Vegetable ONE	Soy carrots	Roasted red peppers	Greek salad	Spiced cauliflower	Creamy coleslaw	Roast mixed peppers	Chef's choice
Vegetable TWO	Oriental green vegetables	Broccoli florets	Olives	Green beans	Spiced sweetcorn	Italian garden salad	Chef's choice
Fast Track	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	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	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		
Dessert	Carrot cake and icing	Chocolate marble cake	Orange cake	Blueberry and lemon cake	Flavoured chocolate brownie	Chef's choice dessert	Chef's choice dessert