INDEPENDENTS BY SODEXO

ABINGDON

Menu Week ONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Tomato and basil	Carrot and ginger	Creamy mushroom	Winter root vegetable	Cauliflower and garlic	FAVOURITES	BRUNCH
Baked Daily	Croutons and topping selection	Croutons and topping selection	Croutons and topping selection	Croutons and topping selection	Croutons and topping selection		
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	FAVOURITES Butcher's pork sausages with gravy	WORLD TASTES Sweet and sour chicken	BUILD YOUR OWN Glazed gammon with grain mustard sauce	WORLD TASTES Butter chicken curry	FAVOURITES Battered fish fillet Or Pie selection	Meat feast pasta bake	Chef's choice main meal
Plant Based Vegetarian	PLANT BASED Quorn sausages with gravy	PLANT BASED Tempura vegetable with sweet and sour sauce	VEGETARIAN Mushroom and lentil wellington	PLANT BASED Baked cauliflower, chickpea and spinach	VEGETARIAN Battered halloumi with tartare sauce and lemon	VEGETARIAN Mediterranean vegetable lasagne	Chef's choice plant based / vegetarian
Carbohydrate	Mashed potatoes	Egg noodles	Roasted potatoes	Braised rice	Chunky chips	Garlic and herb bread slice	Chef's Choice
Vegetable ONE	Carrots	Green beans	Seasonal root vegetables	Cauliflower	Garden peas	Roasted mixed peppers	Chef's choice
Vegetable TWO	Garden peas	Oriental vegetables	Broccoli	Seasonal cabbage	Mushy peas	Sweetcorn wheels	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	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	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 toppings, jelly pots	Selection of whole fruit, dessert / yoghurt with toppings, jelly pots	Selection of whole fruit, dessert / yoghurt with toppings, jelly pots	Selection of whole fruit, dessert / yoghurt with toppings, jelly pots	Selection of whole fruit, dessert / yoghurt with toppings, jelly pots	Selection of whole fruit, dessert / yoghurt with toppings, jelly pots	Selection of whole fruit, dessert / yoghurt with toppings, jelly pots
Warm / Cold Dessert	Apple and cinnamon crumble with custard	Yoghurt with topping and sauce selection	Warm banana and date traybake with cream	Spiced carrot cake	Orange marmalade cake with cream	Berry crumble bake	Chef's choice dessert

Menu Week TWO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Broccoli and spinach	Miso and vegetable broth	Courgette and lemon	Creamy root vegetable	Roasted butternut squash	FAVOURITES	BRUNCH
Baked Daily	Croutons and topping selection	Croutons and topping selection	Croutons and topping selection	Croutons and topping selection	Croutons and topping selection		
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	FAVOURITES Beef and pork '50 / 50' bolognaise	WORLD TASTES Teriyaki chicken	BUILD YOUR OWN Roast pork loin with gravy and apple sauce	WORLD TASTES Slow cooked chicken tagine	FAVOURITES Peri peri chicken	Soy and ginger sicky chicken bites	Chef's choice main meal
Plant Based Vegetarian	PLANT BASED Soya mince bolognaise	VEGETARIAN Oriental pancakes with spring onion	VEGETARIAN Creamy spinach and butter bean stew	PLANT BASED Butternut squash and chickpea tagine	PLANT BASED Falafel and spinach burger	Tempura vegetables with dipping sauce	Chef's choice plant based / vegetarian
Carbohydrate	Penne pasta	Steamed rice	Roasted potatoes	Cous cous	Skinny fries	Steamed	Chef's Choice
Vegetable ONE	Courchette	Daikon radish	Seasonal root vegetables	Spiced carrots	Coleslaw	Spring rolls	Chef's choice
Vegetable TWO	Roasted fennel	Oriental mixed greens	Cauliflower	Garden peas	Roasted peppers	Oriental mixed vegetables	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	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	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	Plum and pear crumble with custard	Yoghurt with topping and sauce selection	Warm spiced apple cake with cream	Vanilla cheesecake and berry compote	Cinnamon sponge with cream	Toffee pudding	Chef's choice dessert

Menu Week THREE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade Soup	Winter green vegetable	Roast pepper and tomato	Bean and sweetcorn	Root vegetable and lentil	Leek and potato	FAVOURITES	BRUNCH
Baked Daily	Croutons and topping selection	Croutons and topping selection	Croutons and topping selection	Croutons and topping selection	Croutons and topping selection		
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	WORLD TASTES Paprika chicken and pepper goulash	FAVOURITES Char siu pork with spring onion	BUILD YOUR OWN Creamy chicken pot pie with flaky pastry lid	BUILD YOUR OWN Pork meatballs with rustic tomato sauce	FAVOURITES Barbecue chicken	Pork and broccoli with oyster sauce	Chef's choice main meal
Plant Based Vegetarian	VEGETARIAN Butterbean and courgette pasta bake	PLANT BASED Miso glazed aubergine and crispy tofu	VEGETARIAN Celeriac and leek pie	PLANT BASED Vegan 'No meat' balls with rustic tomato sauce	VEGETARIAN Quorn sausage hot dog	VEGETARIAN Tofu and vegetable hoisin sauce stir-fry	Chef's choice plant based vegetarian
Carbohydrate	Fusilli pasta	Aromatic rice	Mashed potato	Penne pasta	Potato wedges	Egg noodles	Chef's Choice
Vegetable ONE	Roasted mixed peppers	Bok choy	Seasonal root vegetables	Fennel and leek	Sweetcorn wheels	Garlic mushrooms	Chef's choice
Vegetable TWO	Garden peas	Oriental mixed vegetables	Broccoli	Green beans	Onion rings	Chef's choice	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	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	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 toppings, jelly pots	Selection of whole fruit, dessert / yoghurt with toppings, jelly pots	Selection of whole fruit, dessert / yoghurt with toppings, jelly pots	Selection of whole fruit, dessert / yoghurt with toppings, jelly pots	Selection of whole fruit, dessert / yoghurt with toppings, jelly pots	Selection of whole fruit, dessert / yoghurt with toppings, jelly pots	Selection of whole fruit, dessert / yoghurt with toppings, jelly pots
Warm / Cold Dessert	Apple and cherry crumble with custard	Yoghurt with topping and sauce selection	Warm chocolate pudding with cream	Berry crumble bar	Sticky ginger sponge with cream	Chocolate brownie	Chef's choice dessert