



Menu ONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Homemade Soup</b>	Carrot and coriander	Tomato and basil	Mushroom and thyme	Autumn vegetable	Leek and potato	BELLA ITALIA	BRUNCH
<b>Baked Daily</b>	Bread and croutons	Bread and croutons	Bread and croutons	Bread and croutons	Bread and croutons		
<b>Salad Island</b>	Simple and mixed salad selection	Simple and mixed salad selection	Simple and mixed salad selection	Simple and mixed salad selection	Simple and mixed salad selection	Simple and mixed salad selection	Simple and mixed salad selection
<b>Main Meal</b>	Pad Thai chicken	Beef bourguignon	Lemon and thyme glazed chicken with gravy	Lamb and chickpea tagine	Barbecue pulled pork bap	Meat feast pizza	Chef's choice main meal
<b>Plant Based Vegetarian</b>	PLANT BASED Mediterranean vegetable paella	VEGETARIAN Cauliflower macaroni and cheese	PLANT BASED Teriyaki tofu with noodles	VEGETARIAN Bubble n squeak pattie with a poached egg	PLANT BASED Sweet potato and pepper frittata	VEGETARIAN Mediterranean vegetable pizza	Chef's choice plant based vegetarian
<b>Carbohydrate</b>	Egg noodles	Braised Rice	Roast potatoes	Herb cous cous	Baked potato wedges	Garlic dough balls	Chef's Choice
<b>Vegetable ONE</b>	Roasted peppers	Seasonal mixed vegetables	Roasted carrots	Seasonal mixed vegetables	Corn ribs	Mediterranean vegetables	Chef's choice
<b>Vegetable TWO</b>	Seasonal green vegetables	Savoy cabbage	Seasonal green vegetables	Courgettes	Seasonal green vegetables	Italian garden salad	Chef's choice
<b>Fast Track</b>	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Tuna mayonnaise Baked beans Grated cheese	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Tuna mayonnaise Baked beans Grated cheese	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	Chef's choice	Chef's choice
<b>Grab &amp; Go</b>	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		
<b>Warm / Cold Dessert</b>	Cinnamon cake with apple compote	Maple apple pie with custard	Baked cheesecake with forest fruit coulis	Chocolate sponge with chocolate sauce	Treacle tart with cream	Homemade muffins	Chef's choice dessert



Menu TWO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Homemade Soup</b>	Harira tomato and lentil	Sweetcorn chowder	Onion, vegan cream and cheese	Super green vegetables	Butternut squash and sage	AMERICAN DINER	BRUNCH
<b>Baked Daily</b>	Bread and croutons	Bread and croutons	Bread and croutons	Bread and croutons	Bread and croutons		
<b>Salad Island</b>	Simple and mixed salad selection	Simple and mixed salad selection	Simple and mixed salad selection	Simple and mixed salad selection	Simple and mixed salad selection	Simple and mixed salad selection	Simple and mixed salad selection
<b>Main Meal</b>	Jamaican jerk chicken curry	Braised steak and mushroom pie	Cranberry glazed roast turkey with gravy	Lamb ragu and cherry tomato	Tonkatsu chicken burger	Pulled barbecue pork	Chef's choice main meal
<b>Plant Based Vegetarian</b>	PANT BASED Maple and chilli glazed quorn burger	VEGETARIAN Courgette and tofu fritters with tomato salsa	PLANT BASED Asian vegetable ramen	VEGETARIAN Spanish omelette	PLANT BASED Lentil, spinach and pepper lasagne	Cauliflower wings	Chef's choice plant based vegetarian
<b>Carbohydrate</b>	Coconut rice	Sauteed potato	Roasted new potato	50/50 pasta	Skin on fries	Mac n cheese bites	Chef's Choice
<b>Vegetable ONE</b>	Sweetcorn	Seasonal mixed vegetables	Parsnips	Seasonal mixed vegetables	Cauliflower	Mini corn cobs	Chef's choice
<b>Vegetable TWO</b>	Seasonal green vegetables	Red cabbage	Seasonal green vegetables	Courgettes	Seasonal green vegetables	Caesar salad	Chef's choice
<b>Fast Track</b>	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Tuna mayonnaise Grated cheese Baked beans	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Tuna mayonnaise Grated cheese Baked beans	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	Chef's choice	Chef's choice
<b>Grab &amp; Go</b>	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		
<b>Warm / Cold Dessert</b>	Coconut sponge with tropical fruit compote	Pear crumble with custard	Greek honey cake with yoghurt	Warm spiced apple sponge and toffee sauce	Salted chocolate brownie with cream	Homemade muffins	Chef's choice dessert



Menu THREE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Homemade Soup</b>	Minestrone	Sweet potato and coconut	Autumn green vegetables	Curried cauliflower	Roasted root vegetables	MEXICAN KITCHEN	BRUNCH
<b>Baked Daily</b>	Bread and croutons	Bread and croutons	Bread and croutons	Bread and croutons	Bread and croutons		
<b>Salad Island</b>	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	A selection of compound and simple salads	A selection of compound and simple salads	A selection of compound and simple salads
<b>Main Meal</b>	Korean barbecue pork	Traditional beef lasagne	Treacle glazed gammon with gravy	African yassa chicken	Ultimate fish and tartar sauce sandwich	Barbacoa slow-cooked chicken	Chef's choice main meal
<b>Plant Based Vegetarian</b>	PLANT BASED Mediterranean vegetable crumble	VEGETARIAN Pumpkin and goat's cheese risotto	PLANT BASED Falafel and pickled vegetable flatbread	VEGETARIAN Four cheese tortellini	PLANT BASED Buffalo cauliflower wings	Baked loaded nachos	Chef's choice plant based vegetarian
<b>Carbohydrate</b>	Jasmine rice	Garlic bread	Roast potatoes	Green rice	Diced potato	Green rice	Chef's Choice
<b>Vegetable ONE</b>	Oriental stir-fry vegetables	Seasonal mixed vegetables	Cauliflower	Seasonal mixed vegetables	Mushy peas	Mixed spiced peppers	Chef's choice
<b>Vegetable TWO</b>	Seasonal green vegetables	Savoy cabbage	Seasonal green vegetables	Sauteed kale	Seasonal green vegetables	Mexican bean salad	Chef's choice
<b>Fast Track</b>	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Tuna mayonnaise Baked beans Grated cheese	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	JACKET POTATO BAR Chef's choice topping Tuna mayonnaise Baked beans Grated cheese	PASTA BAR Chef's choice sauce Rich tomato sauce Grated cheese Basil pesto	Chef's choice	Chef's choice
<b>Grab &amp; Go</b>	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		
<b>Warm / Cold Dessert</b>	Orange cake and cranberry sauce	Sticky date and ginger sponge with custard	Black forest sponge with cherry compote	Spiced apple crumble with custard	Chocolate tiffin with cream	Homemade muffins	Chef's choice dessert



ABINGDON

Supper Week ONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Theme</b>	MEZZE FEAT	MEXICAN KITCHEN	BANH MI	BELLA ITALIA	CHINESE BUFFET	HOME COMFORTS	ROAST
<b>Salad Bar &amp; Dressings</b>	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings
<b>Main Meal</b>	Slow cooked harissa lamb	Chicken tacos	Vietnamese fish finger sandwich with pickled vegetables	Pork saltimbocca with sage sauce	Hosin beef stir-fry	Sausage with red onion gravy	Chef's choice main meal
<b>Main Vegetarian Plant Based</b>	Butternut squash tagine	Vegetable and soya fajitas	Sweetcorn fritter with dipping sauce	Spinach and ricotta pasta	Miso glazed aubergine	Root vegetable pie	Chef's choice vegetarian
<b>Carbohydrate</b>	Sweet potato wedges	Spiced rice	Egg noodles	Garlic bread	Egg noodles	Creamy mashed potato	Roasted potato
<b>Vegetables</b>	Grilled aubergine	Corn on the cob	Charred broccoli	Butternut squash	Sugar snap peas	Carrots	Seasonal vegetables
<b>Grab &amp; Go</b>	Special fried oriental vegetable rice	Mac n cheese with crispy onion	Riso al forno baked rice	Crispy sweet n sour tofu with noodles	Vegetable spring rolls	Falafel with humous and pita bread	Chef's choice grab & go
<b>Whole Fruit</b>	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
<b>Warm / Cold Dessert</b>	Autumn fruit salad	Chocolate tart	Cinnamon buns	Mixed berry fool	Whoopie pies	Malteser traybake	Chef's choice



ABINGDON

Supper Week TWO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Theme</b>	SOUTH AMERICA	AMERICAN DINER	CLASSIC BRITISH	MEZZE FEAST	THAI BUFFET	HOME COMFORTS	ROAST
<b>Salad Bar &amp; Dressings</b>	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings
<b>Main Meal</b>	Choripan with chimichurri	BBQ chicken wings	Baked haddock fishcakes with dill sauce	Chicken shawarma	Beef massaman curry	Chicken pie with pastry lid	Chef's choice main meal
<b>Main Vegetarian Plant Based</b>	Mixed bean enchiladas	Quorn crispy wings	Broccoli and blue cheese tart	Harissa vegetable skewers	Thai green oriental vegetable curry	White bean fricassee	Chef's choice vegetarian plant based
<b>Carbohydrate</b>	Diced potato	Sweet potato fries	Herb and garlic bread	tabouleh cous cous	Steamed rice	Mashed potato	Roasted potato
<b>Vegetables</b>	Broccoli	Corn ribs	Garden peas	Garlic fine beans	Asian greens	Sauteed greens	Seasonal vegetables
<b>Grab &amp; Go</b>	Crispy battered vegetables	Vegetable pilau rice	Spanish baked eggs	Tomato and cheese pasta bake	Vegetable samosas	American cheese melt sub roll	Chef's choice grab & go
<b>Whole Fruit</b>	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
<b>Warm / Cold Dessert</b>	Autumn fruit salad	Lemon posset	Filled choux buns	Apple strudel	Carrot cake	Giant Viennese whirls	Chef's choice



Supper Week THREE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Theme	MEXICAN KITCHEN	AMERICAN DINER	BELLA ITALIA	REAL GREEK	JAPANESE BUFFET	HOME COMFORTS	ROAST
Salad Bar & Dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings	A selection of compound and simple salads with dips and dressings
Main Meal	Beef burritos	Smoked sausage hotdogs with onions	Tuna pasta bake	Pork souvlaki	Katsu chicken curry	Sheppard's lamb pie	Chef's choice main meal
Main Vegetarian Plant Based	Blackened cauliflower and bean taco	Quorn hotdogs with onions	Spiced arrabiata	Stuffed bell pepper topped with feta	Tempura tofu and vegetable	Red lentil pie	Chef's choice vegetarian plant based
Carbohydrate	Spiced sweet potato	Skin on fries	Herb and garlic slice	Diced potato	Sticky rice	50/50 pasta	Roasted potato
Vegetables	Spiced corn	Sauerkraut	Roast parsnips and swede	Glazed carrots	Asian greens	Peppers and courgettes	Seasonal vegetables
Grab & Go	Courgette, cherry tomato and red onion frittata	Vegetable chow mein	Hong Kong fried rice	Goats cheese and red onion tarts	Vegetable kakiage	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	Ice cream sundae	White chocolate blondie	Pumpkin toffee cake	Chocolate muffins	Lemon and raspberry tart	Belgium waffles with chocolate sauce	Chef's choice