

## Magdalen College Oxford – Lunch Menu – w.1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup, Fresh Breads and Cheese Board	Freshly made Soup with a choice of daily baked bread and a selection of Croutons, and Mixed Seeds. Chefs Choice British Cheese Board with handmade Chutneys, Crackers and Vegetables Sticks				
Vegetarian Main Choice	Mumbai Naanwich, Madras spiced Quorn meatball, charred naan, Indian salad, mango chutney, cumin & mint dressing	Mushroom Stroganoff with Pasta. Served with Garlic Green beans	White Bean & Quorn Bolognese Lasagna Steamed Broccoli, Garlic Focaccia. House Salad Balsamic Dressing	Roasted Butternut Squash, Re-fried beans Stuffed With Cranberry & Stuffing, Roast Potato & Parsnips, MCS Vegetable Panache, Gravy, Apple Sauce.	Quorn Hot Dog, Quorn Sausage, Finger Roll, Crispy Onion, Fried Onions & Mustard, Fries and House Slaw
Hot Counter First Choice and Sides	Baked Italian Style Sausage And Rice, Topped With Fresh Tomato & Oregano Sauce, Crispy Onion And Grated Cheese. Served With Steamed Broccoli	Hunters Chicken, Crispy Bacon, Melted Cheese & BBQ Sauce. Green Beans & Mash Potato. Crispy Onions	Beef & Lentil Bolognese Lasagna, Garlic Focaccia, Steamed Broccoli, House Salad And Parmesan. Balsamic Dressing	Honey & Mustard Roast Gammon. Roast Potato & Parsnips, MCS Vegetable Panache, Gravy, Sage & Onion Staffing. Apple Sauce, Yorkshire Pudding	Homemade Battered Pollock, Skinny Fries, Peas, Seaside Extras, Mushy Peas
Hot Counter Second Choice and Sides	Chicken Biryani, Fragrant Rice, Charred Naan, Broccoli, Indian Salad, Mango Chutney, Cumin & Mint Dressing.	Irish Beef Stew & Herb Dumplings. Green Beans & Mash Potato. Mint Sauce	Thai Stir Fry Turkey, Served With Egg Noodles And Stir Fry Vegetables. Soy Sauce, Sweet chilli Sauce Crispy Onion.	Moroccan-Style Chicken Diced. Herby Couscous And Vegetable Panache. Minted Yogurt, Spiced Dried Orange Sultana.	Proper Hot Dog, Finger Roll, Jumbo Sausages, Crispy Onion, Fried Onions & Mustard. Fries And House Slaw
Pasta Choice	Baked Mac 'n Cheese	Pesto Pasta Sauce	Roast Tomato & Basil	Creamy Chicken & Pea Sauce	
Jacket Bar	Freshly Made Jacket Potatoes With A Choice Of Toppings				
Salad Bar	You Can Enjoy Our Buffet Style Freshly Made, Salad Bar Every Day. We Serve Healthy And Delicious Food That Is Bursting With Flavour And Goodness. Includes Protein Items As Well As Tomato, Cucumber, Mixed Leaf And Variety Of Composite Salad				
Hot Desserts	Chocolate Brownie.	Baked Eves Pudding. Custard	Chocolate & Cherry Sponge. Chocolate Sauce	Baked Rice Pudding. Strawberry Jam	Baked Berry Sponge. Custard.
Cut Fruit of the Day or Yoghurt	A selection of seasonal cut fruits to include extra sweet Pineapple, Honeydew Melon, Cantaloupe Melon. Whole fruits, Apples, Pears, Satsuma, Bananas				



**What is Mindful?**  
Sodexo's new health & wellness approach that helps you make healthy choices second nature.  
That's **mindful** by sodexo

	Vegetarian
	Beef
	Chicken/Turkey
	Plant
	Fish
	Lamb
	Pork

## Magdalen College Oxford – Lunch Menu – w.2

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup, Fresh Breads and Cheese Board	Freshly made Soup with a choice of daily baked bread and a selection of Croutons, and Mixed Seeds. Chefs Choice British Cheese Board with handmade Chutneys, Crackers and Vegetables Sticks				
Vegetarian Main Choice	Veg Spring Rolls, Rice Noodles & Chilli Sauce Smr	Vegan Chimichanga. Tofu, Beans And Rice, Tortilla Wrap. Malted Cheese. Guacamole & Sour Cream Dips	Quorn Sausages, Tomato, And Pepper Casserole, Herby Dumpling, Braised Red Cabbage And Cranberry, Crispy Onions	Butternut Squash, Broccoli & Feta Frittata. Golden Roast Potato, Vegetables Medley	Baked Quorn Fillet Parmigiana. Fresh Tomato, Capers, Oregano And Basil Sauce. Grated Cheddar Cheese. Skinny Fries, Garden Peas.
Hot Counter First Choice and Sides	Honey, Mustard, Smoked Paprika & BBQ Pork Sausages. Lyonnaise Potatoes And Buttery Green Beans. Crispy Onion, Garlic Mayo	Chilli Con Carne. Cumin Rice, Tortilla Crisps, Guacamole & Sour Cream. Roasted Medeterrenian Vegetables	Chicken, Bacon & White Bean Casserole, Colcannon Potato, Braised Red Cabbage And Cranberry. Crispy Onions	Crispy Sage & Lemon Roasted Chicken, Golden Roast Potato, Honey Glazed Parsnips, Savoy Cabbage & Carrots. Gravy, Sage & Onion Staffing	Homemade Battered Pollock, Skinny Fries, Garden Peas, Seaside Extras, Mushy Peas
Hot Counter Second Choice and Sides	Hoisin Beef Strips, Egg Noodles, Stir Fry Vegetables. Soy Sauce, Sweet Chilli Dipping	Sticky Chicken Drumsticks & Thighs. Cumin Rice, Roasted Mediterranean Vegetables	Turkey, Leek & Mushroom Pie Topped With Golden Puff Pastry. Cranberry Sauce. Colcannon Potato, Braised Red Cabbage And Cranberry. Cranberry Sauce, Crispy Onions	Lamb & Apricot Tagine. Flat Bread, Cous Cous And Vegetables. Crispy Onion.	Baked Breaded Chicken Parmigiana. Fresh Tomato, Capers, Oregano And Basil Sauce. Grated Parmesan Cheese. Skinny Fries, Garden Peas.
Pasta Choice	Carbonara Pasta Sauce	Italian Style Arrabbiata Sauce	Sausage, Kale & Fresh Tomato	Vegan Pesto & Garden Peas Sauce	
Jacket Bar	Freshly Made Jacket Potatoes With A Choice Of Toppings				
Salad Bar	You Can Enjoy Our Buffet Style Freshly Made, Salad Bar Every Day. We Serve Healthy And Delicious Food That Is Bursting With Flavour And Goodness. Includes Protein Items As Well As Tomato, Cucumber, Mixed Leaf And Variety Of Composite Salad				
Hot Desserts	Apple Marbled Sponge. Whipped Fresh Cream	Sticky Toffee & Pear Pudding. Toffee Sauce	Sultana Sponge Pudding. Custard Sauce	Apple & Sultana Puff Pastry Strudel. Vanilla Custard	Caramelised Pineapple, Coconut & Chilli Sponge. Salty Caramel Sauce
Cut Fruit of the Day or Yoghurt	A selection of seasonal cut fruits to include extra sweet Pineapple, Honeydew Melon, Cantaloupe Melon. Whole fruits, Apples, Pears, Satsuma, Bananas				



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## Magdalen College Oxford – Lunch Menu – w.3

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Soup, Fresh Breads and Cheese Board	Freshly made Soup with a choice of daily baked bread and a selection of Croutons, and Mixed Seeds. Chefs Choice British Cheese Board with handmade Chutneys, Crackers and Vegetables Sticks				
Vegetarian Main Choice	Mac 'N' Kimcheese. Korean Kimchi Style Vegetables. Topped With Crispy Onions And Cheese Sauce.	Three Bean Chilli Vegan, Cardamom Rice, Vegetable Ratatouille.	Aubergine Parmigiana, Rosmary Focaccia, Garlic Broccoli	Bean & Squash Tagins. Rice And Beans, Mixed Vegetables.	Middle Eastern Style Shawarma, Tortilla Traditional Pickles, Houmous, Salad Garlic Aioli.
Hot Counter First Choice and Sides	"Bangers & Mash" Oven Baked Red Tractor Cumberland Sausages, Buttery Mash Potato, Garden Peas & French Beans And Caramelised Onions Gravy	Braised Argentinean Brisket Cardamom Rice, Vegetable Ratatouille. Red Wine Jus. Chimichurri Sauce	Pulled Char Sui Pork Shoulder, Basmati Mushroom Rice, Roasted Broccoli With Chilli & Garlic	Roast Loin Of Pork Golden Roast Potato, Vegetables Medley. Gravy, Yorkshire Pudding. Apple Sauce & Stuffing	Homemade Battered Pollock, Skinny Fries, Garden Peas, Seaside Extras, Mushy Peas
Hot Counter Second Choice and Sides	Turkey Stroganoff, Buttery Mash Potato, Garden Peas & French Beans	Persian Chicken Thighs & Cardamom Rice, Vegetable Ratatouille. Turmeric & Lime Yogurt, Sumac & Coriander Mayo.	Piri Piri Chicken Thighs & Drumstick, Served Roasted New Potato & Rosemary & Roasted Broccoli & Cauliflower With Chilli & Garlic.	Jamaican Mutton & Bean Curry. Rice And Beans, Mixed Vegetables	BBQ Marinated Chicken Wings. Skinny Fries, garden Peas & Creamy Slow.
Pasta Choice	Roast Vegetables Orzo Pasta	Ratatouille & Mozzarella Pasta Bake	Sundried Tomato & Basil Pesto Sauce	Ricotta, Spinach & Lentil	
Jacket Bar	Freshly Made Jacket Potatoes With A Choice Of Toppings				
Salad Bar	You Can Enjoy Our Buffet Style Freshly Made, Salad Bar Every Day. We Serve Healthy And Delicious Food That Is Bursting With Flavour And Goodness. Includes Protein Items As Well As Tomato, Cucumber, Mixed Leaf And Variety Of Composite Salad				
Hot Desserts	Bake Plum Crumble Cake. Vanilla Custard	Apricot Upside Down Sponge. Custard.	Bread & Butter Pudding. Vanilla Custard	Carrots Cake. Custard.	Steamed White Chocolate & Raspberry Sponge. Fresh Cream
Cut Fruit of the Day or Yoghurt	A selection of seasonal cut fruits to include extra sweet Pineapple, Honeydew Melon, Cantaloupe Melon. Whole fruits, Apples, Pears, Satsuma, Bananas				



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