

BARKING ABBEY MENU WEEK 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast Pot: Egg, Sausage and Baked Beans or Egg, Hash Brown and Baked Beans	Breakfast Pot: Egg, Sausage and Baked Beans or Egg, Hash Brown and Baked Beans	Breakfast Pot: Egg, Sausage and Baked Beans or Egg, Hash Brown and Baked Beans	Breakfast Pot: Egg, Sausage and Baked Beans or Egg, Hash Brown and Baked Beans	Breakfast Pot: Egg, Sausage and Baked Beans or Egg, Hash Brown and Baked Beans
Morning Break	Cheese & Tomato Baguette Pizza or Vegan Sausage Roll	1/2 Chicken Sausage Baguette American Pancakes Syrup Berry Coulis	Mac & Cheese Pot Vegetable Samosa	Spicy Beef & Spinach Burrito Open Bagel Tomato Salsa with Cheese & Jalapeno	Chicken & Cheese Open Muffin Halloumi & Sweet Pepper Open Muffin
Lunch Option 1	Beef Keema	BBQ Seasoned Chicken	Beef Burger With Self Service Condiments	Kung Pao Chicken	Breaded Fish with Tartare Sauce & Lemon Wedge
Lunch Option 2	Sag & Paneer Curry	BBQ Spring Vegetable & Quorn	Plant based Burger With Self Service Condiments	Vegetable Kung Pao	Onion Bhaji Burger with a Tomato, Onion & Coriander Relish
Sides	Steamed Rice Sweetcorn Mixed Salad Leaves	Cous Cous/House Salad/ Sauté Green Beans & Tomatoes	Summer Slaw / Baked Beans Skin on Smokey Parmintier	Egg Noodles Broccoli Sweetcorn	Chipped Potatoes Garden Peas Baked Beans
Dessert	Lemon Sponge with a Lemon Sauce	Apple Crumble Served with Custard	Lemon & Lime Cheesecake	Iced Banana & Cinnamon Cake	Oatie Fruit Crunch Flapjack
Fruit	Baskets of whole fruit available daily to all students for FREE. Please check MyPlateSpace for nutritional information.				
Baguettes & Sandwiches	A daily selection of freshly filled baguettes, wraps, pasta pots & salad bowls. Chicken, Tuna, Cheese, Ham and Egg.				
Box Salad, Paninis & Protein Pots or Daily Soup with Bread	Daily Panini Melts, Boxed Salads, Chicken Ceasar, Quinoa, Houmous and more. A Selection of Desserts.				