

BARKING ABBEY MENU WEEK 2

Week 2	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	Tomato & Penne Pasta Pot with Nut Free Pesto 1/2 Sweet Chilli Chicken Panini	BBQ Chicken or Margarita Pizza Slice	Open Chicken Salsa Ciabatta Cheese Topped Garlic Flat Bread	Cajun Chicken Wings Hash Brown	Chicken & Cheese Nachos American Pancake & Berry Sauce
Main Dish	Piri Piri Chicken	Beef Chilli Tortilla	Chicken Biriyani - Link	Spaghetti Bolognese	Coated Chicken Burger
Vegetarian option	Macho Garden & Chickpeas	Vegan Chilli Tortilla	Vegetable Biriyani	Spaghetti Vegetarian Bolognese	Butternut Squash, Feta, Pea & Mint Cheese Frittata
Sides	Noodles / Oriental Style Vegetables	Paprika Rice Mixed Salad Candid Yams & Peppers	Cucumber Raita & Poppadom	Garlic Bread / Green Salad	Chipped Potatoes / Garden Peas / Baked Beans
Dessert	Meringue Fools	Chocolate Brownie	Lemon Drizzle Cake	Apple and Caramel Cake	Ice Cream Tub
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.				