

BARKING ABBEY MENU WEEK 3

Week 3	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	BBQ Southern Fried Chicken Wrap Cheese & Onion Slice	1/2 Sweet Chicken & Cheese Grilled Baguette Skin on Pri Pri Wedges	Chicken with Black Bean Burrito Ginger Waffles & Honey	Cajun Chicken Fajitas 1/2 Roasted Vegetable Baguette	BBQ Chicken Wings Pasta Pot Verdi
Main Dish	Chicken Tikka Folded Naan Bread	Grilled Chicken Pongal	Smoked Paprika Chicken	Beef Lasagne	Breaded Fish or Fish Fingers with Tartare sauce & Lemon wedge
Vegetarian option	Cauliflower Tikka Folded Naan	Vegetable Pongal	Individual cheese and tomato quiche	Mixed Bean & Vegetable Lasagne	Spicy Bean burger
Sides	Raita, Mango Chutney & Spinach	Broccoli Spears	Garlic & Herb Roasted Potatoes Coleslaw / Sweetcorn	Garlic Bread / Mixed Salad Leaves / Broccoli Florets	Chipped potatoes / Peas / Baked beans
Dessert	Victoria Sponge Cake	Chocolate Muffins	Fruit Jelly	Carrot Cake	Iced Sponge Fingers
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. Vegetarian, halal and non halal options.				
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.				