

BARKING ABBEY MENU WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of toppings for Bagel, Porridge, Breakfast Pot, Overnight Oats and Toast with Preservatives	Selection of toppings for Bagel, Porridge, Breakfast Pot, Overnight Oats and Toast with Preservatives	Selection of toppings for Bagel, Porridge, Breakfast Pot, Overnight Oats and Toast with Preservatives	Selection of toppings for Bagel, Porridge, Breakfast Pot, Overnight Oats and Toast with Preservatives	Selection of toppings for Bagel, Porridge, Breakfast Pot, Overnight Oats and Toast with Preservatives
Morning Break One	Cheese & Red Onion Panini	Piri Piri Chicken Wings	Pitta Pizza	Selection of Pastries	Hash Browns
Morning Break Two	Halal Pepperoni Panini	Pasties	Wedges	BBQ Chicken Pasta Salad	Tomato & Basil Pasta Pot
Main Dish	Lemon & Thyme Chicken Thighs with Mash & Tomato Gravy	Classic Beef Lasagne with Garlic Bread	Butter Chicken Curry with Naan Shards	Chilli Con Carne with Wedges	Spicy Chicken with Chips
Vegetarian Option	Vegetarian Sausages with Mash & Tomato Gravy	Broccoli & Cheese Sauce Penne Bake	Cheese & Onion Slice with New Potatoes	Five Bean and Quorn Chilli with Wedges	Veggie Dips with Chips
Sides	Spring Greens	Green Salad	Scented Rice, Cabbage and Coriander Salad	Sweetcorn, Peppers and Onion	Coleslaw, Baked Beans
Jackets & Pasta	Daily served with Butter, Cheese, Baked Beans. Pasta Pot available daily.				
Hot Snack	Vegan Sausage Roll	Teriyaki Vegetable Wrap	Sausage Bap	Individual Cheese & Tomato Quiche	Vegetable Burger
Baguettes & Sandwiches	We produce a selection of different Baguettes : Cheese, Chicken, Tuna, Falafels & Egg Mayo.				
Dessert	Vanilla Sponge	Fruit of the Forest Crumble	Marbled Cake	Cookies	Chocolate Cake
Fruits	Baskets of whole fruit available daily to all students FREE of charge. Hydration station across the campuses.				
Eat Healthy	Grab & Go Pots available daily: Pasta, Cous Cous or Rice with Egg, Salmon, Cheese or Chicken with Fresh Salads.				