

BARKING ABBEY MENU WEEK 2

	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 Toastie	Pastries	Flat Bread Pizza	Selection of Pastries	Chicken Kebabs
Morning Break Two	Roasted Vegetable Pasta Pots	Egg & Potato Salad	Open Bagel	Chicken Pasta Salad	Macaroni Pot
Main Dish	Asian Style Turkey Noodles	Italian Meatballs with Basil Sauce	Paprika Roasted Chicken with Gravy	Chicken Pie topped with Puff Pastry with Mash	Spiced Beef Burger with Chips
Vegetarian Option	Lentil Dhal, Bombay Potatoes, Garlic Naan	Macaroni Cheese	Veggie Nut Free Pesto Fillet with Gravy	Rainbow vegetable Egg Fried Rice	Breaded Fish with Chips
Sides	Garden Peas, Crispy Salad	Pasta, Garlic Bread & Broccoli	Roast Potatoes, Carrot & Wilted Greens	Vegetable Medley	Coleslaw, Baked Beans, Curry Sauce
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	Lemon Sponge	Vegan Brownie	Ginger Cake	Apricot Flapjack	Lemon & Lime Yoghurt 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.				