

BARKING ABBEY MENU WEEK 3

	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	Roasted Vegetable Pasta Pot	Selection of Pastries	Pizza Margherita	Selection of Pastries	Beef Pattie
Morning Break Two	Hash Brown	Egg & Potato Salad	Open Bagel	Chicken Pasta Salad	Pesto Pasta
Main Dish	Beef Bolognese with Spaghetti	Chicken Korma with Coriander Rice	Mexican Fried Beef with Baked Wedges	Chicken Jolof	Chip Shop Friday with Chips Fish or Chicken
Vegetarian Option	Chunky Vegetables Bolognese	Paneer Biryani	Creamy Spinach Gnocchi	Sun Dried Tomato Macaroni with Nut Free Pesto Drizzle	5 A -Day Burger with Chips
Sides	Garlic Bread & Greens	Broccoli & Peppers	Tortilla Crisps, Garden Peas & Sour Cream	Cauliflower & Kale	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	Syrup Cake	Berry Sponge	Crumble & Custard	Vanilla Cake	Ice Cream Ice Pops
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.				