

BARKING ABBEY MENU WEEK 1

Week 1	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
MMB Pastry	Pan Au Chocolate All Butter Croissant	Cinnamon Whirl All Butter Croissant	Chocolate Croissant All Butter Croissant	Cheese filled Croissant All Butter Croissant	Buttered Teacakes Mixed Pastries
Morning Break	Margaritta Pizza Chicken & Peppers Pizza Hot Chocolate	Grilled Chicken Hotdog Seasoned Jacket Wedges Hot Chocolate	Pir Piri Chicken Wings Pasta Arrabbiata Hot Chocolate	Pancakes & Sauces Cheese & Pepperoni Toasties Hot Chocolate	Southern Fried Chicken Pocket Tortilla Roasted Vegetable Pocket Tortillas Hot Chocolate
Lunch Option 1	Bang Bang Chicken	Spaghetti Meatballs	Teriyaki Chicken Burger	Beef, Onion & Thyme Pie	Fish in Batter
Lunch Option 2	Bang Bang Florets	Spaghetti Vegan Balls	Teriyaki Vegetable Wrap	Winter Vegetable Casserole	Tempura Vegetables
Sides	Steamed Rice Stir Fried Oriental Vegetables	Spaghetti Mixed Peppers and Sweetcorn	Skin on Sauté Coleslaw	Mashed Potatoes Steamed Carrots Thyme Gravy	Chips Garden Peas
Dessert	Steamed Syrup Sponge Custard Sauce	Choconut Conde	Fruit Tart	Lemon & Raspberry Sponge	Bread Pudding
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, deli pots & salad bowls. Chicken, Tuna, Cheese, Ham and Egg.				
Box Salad, Paninis & Protein Pots or Daily Soup with Bread (Sixth Form Café Only)	Tuna & Sweetcorn Melt, Chicken Pasta Salad, Quinoa & Edamame and more. Protein Pots and mini Salad Bar.				