

BARKING ABBEY MENU WEEK 2

Week 2	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	Cinnamon Whirl All Butter Croissant	Pan Au Chocolate All Butter Croissant	Chocolate Croissant All Butter Croissant	Cheese filled Croissant All Butter Croissant	Buttered Teacakes Mixed Pastries
Morning Break	Honey Glazed Chicken Wings Welsh Rarebit Hot Chocolate	Beef Burger Vegetable Burger Hot Chocolate	Chicken Pitta Pizza Marherita Pitta Pizza Hot Chocolate	Sausage & Cheese Fold Pri Pri Wedges Hot Chocolate	Open Southern Fried Chicken & Cheese Muffin Open Hashbrown & Cheese Muffin Hot Chocolate
Main Dish	Sausage & Mash	Chicken Bhuna	Herb Crusted Roast Chicken	Cottage Pie	Chip Shop Friday
Vegetarian Option	Cheese & Onion Quiche	Butternut Squash & Peppers Bhuna	Lentil & Vegetable Crock	Vegetarian Cottage Pie	Pan Gratton Vegetables
Sides	Mashed Potatoes Sliced Green Beans Onion Gravy	Steamed Rice Broccoli Sbzi	Skin on Roast Potatoes Roasted Winter Vegetables Gravy	Buttered Green Cabbage	Chips Garden Peas
Dessert	Sticky Toffee Pudding Toffee Sauce	Swiss Roll	Apple & Berry Square Custard	Choux Buns	Lemon & Courgette Cake
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.				