

BARKING ABBEY MENU WEEK 3

Week 3	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	Margherita Bagel Chicken Sweetcorn Bagel Hot Chocolate	Cheese & Onion Pastie 1/2 Chicken & BBQ Sauce Panini Hot Chocolate	Cajun Jacket Wedges Chicken Burroits Hot Chocolate	Honey Waffles Korean Chicken Wings Hot Chocolate	Mac & Cheese 3 Pot Breakfast Hot Chocolate
Main Dish	Tunisian Chicken Red Pepper & Harissa	Beefburger	Gochujang Turkey	Beef Pasta Bolognese	Chicken Kebabs
Vegetarian Option	Harissa Beans	Beetroot & Feta Burger	Gochujang Chickpeas & Vegetables	Vegetable Pasta Bolognese	Falafel
Sides	Garlic Potatoes Steamed Cauliflower	Chips Baked Beans Fried Onions & Gherkins	Pre Fluffed Steamed Rice Sweetcorn	Penne Pasta Garlic Bread Mixed Leaves	Flatbread Mixed Turkish Salad
Dessert	Crunchy Oaty Crumble Custard	Red Beets Cake & Frosting	Fridge Biscuit Slice	Vanilla Toffee Sponge	Apple & Cinnamon Turnover
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.				