

Eastbrook School Week A - Secondary

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1	Monday		Tuesday	Wednesday	Thursday	Friday
60	Main Meal	Sizzling Cumberland	Meat Balls and	Roast Chicken dinner	Spaghetti Bolognaise	Chicken and Chips
fa		Sausage, With	Rice	with stuffing		
		Onion Gravy	Quorn and Rice			
						Fish and Chips
H		Quorn Sausage				
	Noodle	Italian Pasta with	Vegetarian Noodle	Italian Pasta with	Vegetarian Noodle	Italian Pasta with
d	/Pasta	Sauce	Jacket Potatoes	Sauce	Jacket Potatoes	Sauce
		Jacket Potatoes	With Tuna,	Jacket Potatoes	With Tuna, Cheese,	Jacket Potatoes
		With Tuna, Cheese,	Cheese, Beans	With Tuna, Cheese,	Beans	With Tuna, Cheese,
W		Beans		Beans		Beans
4	Vegetable	Seasonal Options	Seasonal Options	Seasonal Options	Seasonal Options	Seasonal Options
No.	Salad					
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	Compliments	Mash Potatoes	Vegetable Spring	Roast Potatoes	Vegetable Spring Rolls	Spring Rolls
			Rolls	Yorkshire Pudding		
				Spring Rolls		
	Dessert	Chocolate Sponge	Vanilla Sponge	Crumble	Danish Pastry	Doughnuts
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	Monday		Wednesday	Thursday	Friday
Main Meal	Chicken Pasta Bake	Sweet and Sour Chicken with Fried Rice	Roast Chicken dinner with stuffing	Shepherds Pie Vegetarian Shepherd's Pie	Chicken and Chips Fish and Chips
Noodle/Pasta	Italian Pasta with sauce Jacket Potatoes with Tuna, Cheese or Beans	Vegetarian Noodles Jacket Potatoes with Tuna, Cheese or Beans	Oriental Noodle Italian Pasta with Sauce Jacket Potatoes with Tuna, Cheese or Beans	Vegetarian Noodles Jacket Potatoes with Tuna, Cheese or Beans	Jacket Potatoes with Tuna, Cheese or Beans
Vegetable/Salad	Seasonal Options	Seasonal Options	Seasonal Options	Seasonal Options	Seasonal Options
Compliments	Garlic Bread	Spring Rolls	Roast Potatoes Yorkshire Pudding Spring Rolls	Spring Rolls	Samosa
Dessert	Cake Custard	Chocolate Sponge Custard	Marble Cake Custard	Marble Cake Custard	Doughnuts