

# EASTBROOK SCHOOL MENU WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Bagels, Cheese on Toast, Baked Beans, Sausages, Egg and Hash Browns	Bagels, Cheese on Toast, Baked Beans, Sausages, Egg and Hash Browns	Bagels, Cheese on Toast, Baked Beans, Sausages, Egg and Hash Browns	Bagels, Cheese on Toast, Baked Beans, Sausages, Egg and Hash Browns	Bagels, Cheese on Toast, Baked Beans, Sausages, Egg and Hash Browns
Morning Break One	Falafel & Roasted Vegetable Wrap with Garlic Sauce	BBQ Chicken Wings	Cajun Chicken Pitta Pizza	Chicken Pasta	Hash Browns
Morning Break Two	Halal Pepperoni Panini	Selection of Pastries	Margarita Pitta Pizza	Selection of Pastries	Sweet Chilli Chicken and Vegetable Wrap
Main Dish	Jerk Chicken Thighs with Rice and Peas	Classic Beef Lasagne	Butter Chicken Curry with Naan Bread	Beef & Lentil Con Carne with Wedges	Spicy Southern fried Chicken with Chips
Vegetarian Option	Chick Peas, Spinach & Sweet Potato with Rice and Peas	Broccoli & Cheese Sauce Penne Bake	Paneer & Vegetable Makhani with Naan Bread	Five Bean and Quorn Chilli with Wedges	Vegetable Nuggets with Chips
Sides	Steamed Greens	Garlic Bread, Greens Salad	Scented Rice, Cabbage and Coriander Salad	Sweetcorn, Tortilla Chips	Coleslaw, Baked Beans
Jackets & Pasta	Daily served with Butter, Cheese, Baked Bean, Tuna Mayo.. Pasta Pot available daily.				
Baguettes & Sandwiches	We produce a selection of different Baguettes : Cheese, Chicken, Tuna, Falafels & Egg Mayo.				
Dessert	Vanilla Sponge	Fruit of the Forest Crumble with Custard	Marbled Cake	Cookies	Chocolate Cake
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.				