

# EASTBROOK SCHOOL MENU WEEK 3

	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	Roasted Vegetable Pasta Pot	Selection of Pastries	Pizza Margherita	Selection of Pastries	Southern fried Chicken & Cheese open Muffin
Morning Break Two	Hash Brown	Spicy Chicken Wings	Beef Burger	Italian Chicken Wrap	Nut Free Pesto & Vegetable Pasta
Main Dish	Chicken Fajita, Nachos, Sour Cream & Salsa	Beef Bolognese with Spaghetti	Roast Chicken with Jollof Rice, Tomato Gravy	Beef & Roots Vegetable Stew with Potato Mash	American Fried Chicken Burger & Chips, Curry Ketchup
Vegetarian Option	Roasted Vegetable, Mixed beans Fajita, Nachos, Sour Cream & Salsa	Chunty Vegetable Bolognese with Spaghetti	Tomato & Cheese Quiche	Root Veg & Quorn Chunks Stew with Potato Mash	Vegetable Bean Burger & Chips
Sides	Wedges, Mixed Salad	Garlic Bread & Greens	Garden Peas	Steamed Kale	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	Pear & Chocolate Sponge Cake	Berry Sponge with Icing	Apple Crumble & Custard	Vanilla Cake	Ice Cream
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.				