

# EASTBROOK SCHOOL MENU WEEK 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of toppings for Bagel, Porridge, Overnight Oats and Toast with Preservatives	Selection of toppings for Bagel, Porridge, Overnight Oats and Toast with Preservatives	Selection of toppings for Bagel, Porridge, Overnight Oats and Toast with Preservatives	Selection of toppings for Bagel, Porridge, Overnight Oats and Toast with Preservatives	Selection of toppings for Bagel, Porridge, Overnight Oats and Toast with Preservatives
<b>Morning Break</b>	Half Bagel Melt or Hash Browns	Piri Piri Chicken Wings or Pastries	Pitta Pizza or Wedges	Beef Burger or Pastries	Half Bagel Melt or Hash Browns
<b>Main Dish</b>	Beef Sausages served with Mash & Garvy	Creamy Chicken Korma with Rice	Cajun Chicken with Moroccan Cous Cous and Garlic Sauce	Chilli Con Carne with Wedges	Spicy Chicken with Chips
<b>Vegetarian option</b>	Vegetarian Sausages served with Mash & Gravy	Creamy Vegetable with Lentils served with Rice	Vegetable Cheese Burger	Mushroom Risotto	Vegetarian Bake with Chips
<b>Pasta Station</b>	Daily served with Cheese and Green Salad (Classic tomato or Pesto Sauce)				
<b>Side</b>	Carrot & Cabbage	Broccoli and Green Beans	Cabbage and Coriander Salad	Steamed Greens	Coleslaw
<b>Dessert</b>	Lemon Drizzle	Vanilla Cake	Marbled Cake	Cookie	Vegan Brownie
<b>Fruit</b>	Baskets of whole fruit available daily to all students FREE of charge.				
<b>Baguettes</b>	We produce a selection of different <b>Baguettes:</b> Cheese, Chicken, Tuna <b>Wraps:</b> Chicken <b>Sandwiches:</b> Cheese or Jam				
<b>Grab and Go</b>	<b>Grab &amp; Go Pot available daily: Pasta, Cous Cous or Rice with Egg, Cheese or Chicken with Fresh Salads.</b>				