

EASTBROOK SCHOOL MENU WEEK 3

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	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
Morning Break	Beef Burger or Cheese Muffin	Spiced Chicken Wings or Pastries	Lamb Kebabs or Vegan Sausage Roll	Pitta Pizza or Pastries	Half Bagel Melt or Hash Brown
Main Dish	Soy Chicken Stir-Fry with Noodles	Beef Burrito with Wedges	Piri Piri Chicken Leg, Roast Potatoes	Beef Keema, Rice & Chutney	Chicken and Chips with Curry Sauce or Fish and Chips with Curry Sauce
Vegetarian option	Falafels with Turkish Bread and Salad	Vegetable Burrito with Wedges	Cauliflower Cheese with Roast Potatoes	Paneer Biryani	5-a-Day Burger with Chips
Pasta Station	Daily served with Cheese and Green Salad (Classic tomato or Pesto Sauce)				
Side	Sweetcorn	Sour Cream & Cabbage Salad	Kale & Tomato Jus	Steamed Vegetables	Coleslaw, Baked Beans
Dessert	Yoghurt Cake	Rice Krispie	Berry Crumble with Custard	Carrot Cake	Flapjack
Fruit	Baskets of whole fruit available daily to all students FREE of charge.				
Baguettes	We produce a selection of different Baguettes: Cheese, Chicken, Tuna Wraps: Chicken Sandwiches: Cheese or Jam				
Grab and Go	Grab & Go Pot available daily: Pasta, Cous Cous or Rice with Egg, Cheese or Chicken with Fresh Salads.				