

Eastbrook Spring Menu 2018



ALLERGY INFORMATION: If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|--|--|--|--|
| Week 1 | | | | | |
| Week 1 | | | | | |
| 01-Jan | Chicken Chow Mein | Spaghetti Bolognese | Roast (as advertised) With Roast Potatoes and Gravy | Beef Meatballs in a Tomato Sauce with Rice | MSC Breaded Fish With Chipped Potatoes, Tomato Sauce. |
| 22-Jan | Potato & Courgette Layer Bake | Wholemeal Spinach & Tomato Quiche with New Potatoes | Mixed Vegetable Loaf With Roast Potatoes and Gravy | Macaroni Cheese | Glamorgan Sausage with Chipped Potatoes |
| 19-Feb | Sweetcorn Green Beans | Courgettes in a tomato sauce Cauliflower | Carrot & Swede mash | Sweetcorn Mixed Peppers | Baked Beans Garden Peas |
| 12-Mar | Fruit Yoghurt and Shortbread | Apple and Mixed Berry Crumble & Custard | Apple, Cheese and Biscuits | Pineapple upside down Cake with Custard | Pear & Ginger Muffin |
| Week 2 | | | | | |
| Week 2 | | | | | |
| 08-Jan | Hof Dogs with Homemade Tomato Sauce and Homemade Jacket Wedges. | Wholemeal Chicken and Red Pepper Pizza with Baked Potato | Roast Turkey with Roast Potatoes & Gravy | Beef Goulash with Rice | MSC Battered Fish Chipped Potatoes, Tomato Sauce |
| 29-Jan | Vegetable Wholemeal Pasta Bake | Lentil and Vegetable Curry with Rice | Cheese & Pepper Whirl with Roast Potatoes | Quorn Mince Pasta Bolognese | Cheese and Tomato Pizza with Chipped Potatoes |
| 26-Feb | Tomato & Red Onion Slaw Green Salad | Roasted Vegetables | Broccoli Sliced Carrots | Baked Tomatoes Sweet corn | Baked Beans Garden Peas |
| 19-Mar | Pear Crumble and Custard | Banana Sponge & Custard | Chocolate Cookie with Natural Yogurt | Apple & Berry Strudel with Custard | Chocolate and Orange Brownie |
| Week 3 | | | | | |
| Week 3 | | | | | |
| 15-Jan | Turkey & Leek Pie with Mash Potato Topping | Beef Burger in a Bun with Oven Baked New Potatoes | Roast Chicken & Stuffing with Roast Potatoes and Gravy | Beef Tortilla Stack & Rice with Garlic Slice | MSC Salmon Fish Fingers with Chipped Potatoes, Tomato Sauce. |
| 05-Feb | Chinese Vegetarian Spring Roll with Oven Baked New Potatoes | Mixed Bean Cassoulet with Mash Potato | Vegetarian Wellington with Roast Potatoes | Chick Pea Aloo Chaat with Rice | Cheese Tomato & Spinach Frittata with Chipped Potatoes |
| 05-Mar | Broccoli Sweetcorn | Cauliflower Green Beans | Shredded Cabbage Carrots | Roasted Vegetable Medley | Baked Beans Garden Peas |
| 26-Mar | Carrot & Sultana Cake with Custard | Tuti Fruity Tuesday | Jelly with a Side of Mandarins | Wholemeal Peach Crumble & Custard | Lemon & Cucumber Cake |

Freshly cooked jacket potatoes with a choice of fillings (where advertised)
 Bread freshly baked on site daily
 Daily salad selection
 Fresh fruit and yoghurt

Available Daily

