



Healthy Drink

Cereals

Yogurts

Hot Dish

Spreads/Salads

Bread

Fresh Fruit

Continental Protein

Beverages

Grapes juice

Omelette

Three Types of Cereal

Semi-skimmed Milk, Soya Milk

2 types of yoghurt with a variety of Toppings

Bacon quiche

Jam, chocolate pasta, tapenade

Toast bread
 Daily varying bread/bun
 Pain au chocolate

Cut Fruit:
Fruit Salad,

Whole Fruit:
Apples, Oranges, Bananas

Cooked Ham
Smoked Chicken, Cheese

Water
Speciality Teas
Speciality Coffees
Hot chocolate milk