



Healthy Drink

Blitz/Smoothies

Hot Porridge

Cereals

Yoghurt

Hot Dish

Bread
Pastries
Toast

Fresh Fruit

Continental
Protein

Beverages

Freshly Squeezed Orange
Juice

Smoothie – Banana,
Strawberry and Yoghurt

Blitz – Strawberry, Raspberry,
Blueberry, Chiseeds, Fresh
Spinach and Apple juice

Blitz – Banana, Yoghurt, Peach
and Kiwi

Organic Apple juice

Red Fruit & Yoghurt Smoothie

Smoothie – with Orange,
Mango and Yoghurt

(No Porridge today)

Porridge with Apricot,
Plums,
Raisins

(No Porridge today)

Porridge with Apricot, Plums,
Raisins

(No Porridge today)

Porridge with Apricot, Plums,
Raisins

(No Porridge today)

Three Types of Cereal
Semi-skimmed Milk, Soya

Three Types of Cereal
Semi-skimmed Milk, Soya

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Semi-skimmed Milk, Soya Milk

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Semi-skimmed Milk, Soya Milk

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Semi-skimmed Milk, Soya Milk

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Semi-skimmed Milk, Soya Milk

Three Types of Cereal
Semi-skimmed Milk, Soya Milk

Natural Yoghurt with Mango
& Mint

Greek Yoghurt with
Toppings:
Ghia Seeds, Sunflower
Seeds,
Pumpkin Seeds, Granola,
Honey, Roasted Plums

Natural Yoghurt with
Red Fruits

Greek Yoghurt with Toppings:
Ghia Seeds, Sunflower Seeds,
Pumpkin Seeds, Granola,
Honey, Roasted Plums

Natural Yoghurt with Orange
& Chiseeds

Greek Yoghurt with Toppings:
Ghia Seeds, Sunflower Seeds,
Pumpkin Seeds, Granola,
Honey, Roasted Plums

Natural Yoghurt with Apple
& Mint

Hot Croissant with Melted
Cheese

Scrambled egg on toast with
Turkey Bacon

Bagel with Cream Cheese and
Smoked Salmon

Poached egg on Toast

Fried Egg with Crispy Bacon or
Cheese

American Pancakes with Apple
Syrup

Chef's Special

White and Brown Rolls
Artisan Bread
Croissant
Toast, Student Toaster
Jam & Spreads, Butter

White and Brown Rolls
Artisan Bread
Pain Au Chocolat
Toast, Student Toaster
Jam & Spreads, Butter

White and Brown Rolls
Artisan Bread
Danish Pastry
Toast, Student Toaster
Jam & Spreads, Butter

White and Brown Rolls
Artisan Bread
Croissant
Toast, Student Toaster
Jam & Spreads, Butter

White and Brown Rolls
Artisan Bread
Pain Au Chocolat
Toast, Student Toaster
Jam & Spreads, Butter

White and Brown Rolls
Artisan Bread
Danish Pastry
Toast, Student Toaster
Jam & Spreads, Butter

White and Brown Rolls
Artisan Bread
Croissant
Toast, Student Toaster
Jam & Spreads, Butter

Cut Fruit:
Watermelon, Fruit Salad,
Honeydew Melon

Cut Fruit:
Galia Melon, Strawberries,
Black & Green Grapes

Cut Fruit:
Watermelon, Fruit Salad,
Honeydew Melon

Cut Fruit:
Galia Melon, Strawberries,
Black & Green Grapes

Cut Fruit:
Watermelon, Fruit Salad,
Honeydew Melon

Cut Fruit:
Galia Melon, Strawberries,
Black & Green Grapes

Cut Fruit:
Watermelon, Fruit Salad,
Honeydew Melon

Whole Fruit:
Pears, Oranges, Bananas

Whole Fruit:
Apples, Bananas, Nectarines

Whole Fruit:
Pears, Oranges, Bananas

Whole Fruit:
Apples, Bananas, Nectarines

Whole Fruit:
Pears, Oranges, Bananas

Whole Fruit:
Apples, Bananas, Nectarines

Whole Fruit:
Pears, Oranges, Bananas

Cooked Ham
Smoked Chicken, Cheese

Cooked Ham
Smoked Chicken, Cheese

Cooked Ham
Smoked Chicken, Cheese

Cooked Ham
Smoked Chicken, Cheese

Cooked Ham
Smoked Chicken, Cheese

Cooked Ham
Smoked Chicken, Cheese

Cooked Ham
Smoked Chicken, Cheese

Water
Speciality Teas
Speciality Coffees

Water
Speciality Teas
Speciality Coffees

Water
Speciality Teas
Speciality Coffees

Water
Speciality Teas
Speciality Coffees

Water
Speciality Teas
Speciality Coffees

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Speciality Teas
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BREAKFAST - 07:30am to 08:10am

WEEK 2



BRUNCH - 11:00am to 12:30pm

