

BREAKFAST / BRUNCH

Cycle 1 WEEK 9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Healthy Drink	Ice tea	Mango smoothe	Apple juice	Yoghurt drink	Red fruits juice	Banana smoothie	Chocolate milk
Egg Dish	fried egg		Boiled egg		Scrambles egg		shakshuka
Cereals	Three Types of Cereal Semi-skimmed Milk, Soya Milk						
Yogurts	2 types of yoghurt with a variety of Toppings	2 types of yoghurt with a variety of Toppings	2 types of yoghurt with a variety of Toppings	2 types of yoghurt with a variety of Toppings	2 types of yoghurt with a variety of Toppings	2 types of yoghurt with a variety of Toppings	2 types of yoghurt with a variety of Toppings
Hot Dish	Rice with banana and coconut	Mushrooms on toast	Sausage bread	French toast	Chipolata with baked beans	Bami goreng with fried egg	Basmati rice with spring onion
Spreads/Salads	Jam, chocolate pasta, tapenade, tomato salad	Jam, chocolate pasta, hummus, cucumber salad	Jam, chocolate pasta, tapenade, carrot julienne	Jam, chocolate pasta, hummus, tomato salad	Jam, chocolate pasta, tapenade, Cucumber salad	Jam, chocolate pasta, hummus	Jam, chocolate pasta, tapenade
Bread	Toast bread Daily varying bread/bun	Toast bread Daily varying bread/bun Croissant	Toast bread Daily varying bread/bun Pain au chocolat				
Fresh Fruit	Cut Fruit: Fruit Salad	Cut Fruit: Water Melon	Cut Fruit: Honeydew Melon	Cut Fruit: Grapes	Cut Fruit: Pineapple	Cut Fruit: Water Melon	Cut Fruit: Fruit Salad,
	Whole Fruit: Apples, Oranges, Bananas	Whole Fruit: Ripe Pears, Bananas, Tangerine	Whole Fruit: Apples, Oranges, Bananas	Whole Fruit: Ripe Pears, Bananas, Tangerine	Whole Fruit: Apples, Oranges, Bananas	Whole Fruit: Ripe Pears, Bananas, Tangerine	Whole Fruit: Apples, Oranges, Bananas
Continental Protein	Cooked Ham Smoked Chicken, Cheese						
Beverages	Water Speciality Teas Speciality Coffees Hot chocolate milk						