

BREAKFAST / BRUNCH

Cycle 1 WEEK 8

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------|--|--|--|--|---|--|---|
| Healthy Drink | Chocolate milk | Multi fruit juice | Peach smoothie | Orange juice | Forrest fruits drink | Grapes juice | raspberry smoothe |
| Egg Dish | | Boiled egg | | Scrambled egg | | Shakshuka | |
| Cereals | Three Types of Cereal Semi-skimmed Milk, Soya Milk | Three Types of Cereal Semi-skimmed Milk, Soya Milk | Three Types of Cereal Semi-skimmed Milk, Soya Milk | Three Types of Cereal Semi-skimmed Milk, Soya Milk | Three Types of Cereal Semi-skimmed Milk, Soya Milk | Three Types of Cereal Semi-skimmed Milk, Soya Milk | 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 Spreads/Salads | Rice with scrambled egg and nori Jam, chocolate pasta, tapenade, tomato salad | Apple pancake Jam, chocolate pasta, hummus, cucumber salad | Cheese croissant Jam, chocolate pasta, tapenade, carrot julienne | Croque monsieur Jam, chocolate pasta, hummus, tomato salad | Chili rice with fried egg Jam, chocolate pasta, tapenade, Cucumber salad | Sausage pastry Jam, chocolate pasta, hummus | Muffin with apricot jam and crème fraiche Jam, chocolate pasta, tapenade |
| Bread | Toast bread Daily varying bread/bun | Toast bread Daily varying bread/bun | Toast bread Daily varying bread/bun | Toast bread Daily varying bread/bun | Toast bread Daily varying bread/bun | Toast bread Daily varying bread/bun Croissant | Toast bread Daily varying bread/bun Pain au chocolate |
| Fresh Fruit | Cut Fruit: Honeydew Melon | Cut Fruit: Water Melon | Cut Fruit: Grapes | Cut Fruit: pineapple | Cut Fruit: Honeydew Melon | 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 | 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 |
| Beverages | Water Speciality Teas Speciality Coffees Hot chocolate milk | Water Speciality Teas Speciality Coffees Hot chocolate milk | Water Speciality Teas Speciality Coffees Hot chocolate milk | Water Speciality Teas Speciality Coffees Hot chocolate milk | Water Speciality Teas Speciality Coffees Hot chocolate milk | Water Speciality Teas Speciality Coffees Hot chocolate milk | Water Speciality Teas Speciality Coffees Hot chocolate milk |