

BREAKFAST / BRUNCH

Cycle 1 WEEK 6

40	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Healthy Drink	Banana smoothie	Chocolate milk	Multi fruit juice	Peach smoothie	Orange juice	Forrest fruits drink	Grapes juice
Egg Dish	Omelette		French toast		Boiled egg		Omelette
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	White rice with a seaweed salad Jam, chocolate pasta, tapenade, tomato salad	Oatmeal porridge with cranberries Jam, chocolate pasta, hummus, cucumber salad	Egg noodles Jam, chocolate pasta, tapenade, carrot julienne	Couscous with vegetables and chickpeas Jam, chocolate pasta, hummus, toato salad	Miso soup Jam, chocolate pasta, tapenade, Cucumber salad	Sausage bread Jam, chocolate pasta, hummus	Bacon quiche 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: Pineapple	Cut Fruit: Grapes	Cut Fruit: Water Melon	Cut Fruit: Fruit Salad	Cut Fruit: pineapple	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