



Healthy Drink

Blitz/Smoothies

Hot Porridge

Cereals

Yoghurt

Hot Dish

Bread
Pastries
Toast

Fresh Fruit

Continental
Protein

Beverages

Organic Apple Juice

Apple & Blackberry Blitz

Iced Tea & Pineapple

Forest Berries & Blackcurrant
Sorbet Blitz

Banana & Mango Smoothie

Caramel Frappuccino

Orange & Pink Grapefruit
Juice

(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

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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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Three Types of Cereal
Semi-skimmed Milk, Soya Milk

Blackcurrant Yoghurt topped
with Fresh Red Currants

Pineapple Yoghurt finished
with Fresh Pineapple & Mint

Natural Yoghurt with Granola,
Clementine & Honey

Pear & Chocolate Yoghurt

Yoghurt with Lemon, Sultana
& Chia Seed

Greek Yoghurt with Blackberry
and a little Chocolate Cake

Rice Pudding with Apple
and Cinnamon

Continental Meats &
Cheeses

Egg Toast with Bacon or
Honey

Soft Roll with Scrambled Egg
and Grilled Tomato

Baked Beans on Toast with
Melted Cheese

Oatmeal Porridge with
Cranberries, Honey and Sugar

Hot Croissant with Gouda
Cheese
and Tomato

Omelette with Mushrooms
Herbs and Garlic Bread

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

White and Brown Rolls
Artisan Bread
Pain Au Chocolate
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 Chocolate
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, Kiwi Halves,
Black & Green Grapes

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Watermelon, Fruit Salad,
Honeydew Melon

Cut Fruit:
Galia Melon, Kiwi Halves,
Black & Green Grapes

Cut Fruit:
Watermelon, Fruit Salad,
Honeydew Melon

Cut Fruit:
Galia Melon, Kiwi Halves
Black & Green Grapes

Cut Fruit:
Watermelon, Fruit Salad,
Honeydew Melon

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

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

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BREAKFAST - 07:30am to 08:10am
BRUNCH - 11:00am to 12:30pm w

WEEK 2