



Healthy Drink

Mango smoothie

Yoghurt drink

Banana smoothie

Chocolate milk

Egg Dish

Boiled egg

shakshuka

Cereals

Three Types of Cereal
Semi-skimmed Milk, Soya Milk

Yogurts

2 types of yoghurt with a variety of Toppings

Hot Dish

Basmati rice with spring onion

Spreads/Salads

Jam, chocolate pasta, tapenade

Bread

Toast bread
 Daily varying bread/bun
 Pain au chocolat

Fresh Fruit

Cut Fruit:
Fruit Salad,

Whole Fruit:
Apples, Oranges, Bananas

Continental Protein

Cooked Ham
Smoked Chicken, Cheese

Beverages

- Water
- Speciality Teas
- Speciality Coffees
- Hot chocolate milk