BREAKFAST / BRUNCH

Cycle 1 WEEK 7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Healthy Drink	Raspberry smoothie	Ice tea	Mango smoothie	Apple juice	Yoghurt drink	Red fruits drink	Banana smoothe
Egg Dish	Boiled egg		Scrambled egg		omelette		Eggs benedict
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	Mekong rice	Toast Hawaii	Rice porridge	Chipolata with baked beans	French toast	Rice with scrambled tofu. Tomato, cucumber	American pancakes
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	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 chocolat
Fresh Fruit	Cut Fruit: Grapes Whole Fruit: Apples, Oranges, Bananas	Cut Fruit: Water Melon Whole Fruit: Ripe Pears, Bananas, Tangerine	Cut Fruit: Fruit Salad Whole Fruit: Apples, Oranges, Bananas	Cut Fruit: pineapple Whole Fruit: Ripe Pears, Bananas, Tangerine	Cut Fruit: Honeydew Melon Whole Fruit: Apples, Oranges, Bananas	Cut Fruit: Grapes Whole Fruit: Ripe Pears, Bananas, Tangerine	Cut Fruit: Fruit Salad 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