

BREAKFAST / BRUNCH

Cycle 1 WEEK 5

40	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Healthy Drink	Grapes juice	Raspberry smoothie	lce tea	Mango smoothie	Apple juice	Yoghurt drink	Red fruits drink
Egg Dish	Scrambled eggs		Shakshuka		Fried egg		Boiled egg
Cereals	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	Mushrooms on toast	Sausage pastry	Pain au chocolate	Basmati rice with spring onion	Spicy cheese toast	Bami goreng	Chipolata with baked beans
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 chocolate
Fresh Fruit	Cut Fruit: Grapes	Cut Fruit: Water Melon	Cut Fruit: Fruit Salad	Cut Fruit: pineapple	Cut Fruit: Honeydew Melon	Cut Fruit: Grapes	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						
Beverages	Water Speciality Teas Speciality Coffees Hot chocolate milk						