



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

	vegetarian MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Healthy Drink Blitz/Smoothies	Organic apple juice	Banana orange and yoghurt smoothie	Fruits of the Forrest berry milkshake	Ice tea	Mango, orange and yoghurt smoothie	Orange and pink grapefruit juice	Chocolate milk
Hot Porridge	Porridge with Apricot, Plums, Raisins	(No Porridge today)	Porridge with Apricot, Plums, Raisins	(No Porridge today)	Porridge with Apricot, Plums, Raisins	(No Porridge today)	Porridge with Apricot, Plums, Raisins
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
Yoghurt	Natural yoghurt with clementine and chia seed	Greek yoghurt with toppings: chia seeds. Sunflower seeds. Pumpkin seeds, granola & honey	Strawberry yoghurt with strawberry coulis and mint	Greek yoghurt with toppings: chia seeds. Sunflower seeds. Pumpkin seeds, granola & honey	Natural yoghurt with apple and cinnamon	Greek yoghurt with toppings: chia seeds. Sunflower seeds. Pumpkin seeds, granola & honey	Vanilla yoghurt with raspberry
Hot Dish	Pancakes with red fruits	Baked beans on toast, with melted cheese	Poached egg on toast	Smoked salmon on bread served with lemon	Rice plain congee with Spring Onions or Chicken	Natural /Mushroom omelette On toast	Chef's Special
Bread Pastries Toast	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
Fresh Fruit	Cut Fruit: 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	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
Continental Protein	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	Water Speciality Teas Speciality Coffees	Water Speciality Teas Speciality Coffees	Water Speciality Teas Speciality Coffees	Water Speciality Teas Speciality Coffees	Water Speciality Teas Speciality Coffees	Water Speciality Teas Speciality Coffees