



Healthy Drink

Organic Apple juice

Coffee Frappuccino

Ice tea

Red Fruit & Yoghurt Smoothie

Smoothie with Mango, Orange
and Yoghurt

Chocolate Milkshake

Freshly Squeezed Orange Juice

Blitz/Smoothies

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

Three Types of Cereal
Semi-skimmed Milk, Soya

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

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Semi-skimmed Milk, Soya Milk

Three Types of Cereal
Semi-skimmed Milk, Soya Milk

Yoghurt

Greek Yoghurt with toppings:
Chia seeds, Sunflower seeds,
Pumpkin seeds, Honey, Fresh
Orange segments, Plums

Natural Yoghurt with Mango
& Mint

Greek Yoghurt with toppings:
Chia seeds, Sunflower seeds,
Pumpkin seeds, Honey, Fresh
Orange segments, Plums

Strawberry Yoghurt with Fresh
Strawberries

Greek Yoghurt with toppings:
Chia seeds, Sunflower seeds,
Pumpkin seeds, Honey, Fresh
Orange segments, Plums

Natural Yoghurt with Orange
& Chia Seeds

Greek Yoghurt with toppings:
Chia seeds, Sunflower seeds,
Pumpkin seeds, Honey, Fresh
Orange segments, Plums

Hot Dish

Toast with baked beans and
Tomato

Bagel with Cream Cheese
and cucumber or Smoked
Salmon

Chicken chipolata, baked
mushrooms

Egg salad or tuna salad

American Pancakes with
Apple Syrup

Srambled Egg's on toast with
bacon and Roasted Tomato

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 Chocolat
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 Chocolat
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, Strawberries,
Black & Green Grapes

Cut Fruit:
Watermelon, Fruit Salad,
Honeydew Melon

Cut Fruit:
Galia Melon, Strawberries,
Black & Green Grapes

Cut Fruit:
Watermelon, Fruit Salad,
Honeydew Melon

Cut Fruit:
Galia Melon, Strawberries,
Black & Green Grapes

Cut Fruit:
Watermelon, Fruit Salad,
Honeydew Melon

Whole Fruit:
Pears, Oranges, Bananas

Whole Fruit:
Apples, Bananas, Nectarines

Whole Fruit:
Pears, Oranges, Bananas

Whole Fruit:
Apples, Bananas, Nectarines

Whole Fruit:
Pears, Oranges, Bananas

Whole Fruit:
Apples, Bananas, Nectarines

Whole Fruit:
Pears, Oranges, Bananas

Continental
Protein

Cheeses

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

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Speciality Teas
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Speciality Teas
Speciality Coffees

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

WEEK 1