



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

40	MONDAY vegetarian	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Healthy Drink Blitz/Smoothies	Sparkling Blueberry Blitz	Banana & Ghia Seed Milkshake	Organic Apple & Orange Blitz	Mango, Pineapple, Coconut Milk & Greek Yoghurt	Raspberries and Yogurt Smoothie	Freshly Squeezed Orange Juice	Pomegranate & Honey Frozen Yoghurt Smoothie
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
Yogurt	Greek Yogurt with Toppings: Chia seeds, Sunflower seeds, Pumpkin seeds, Granola & Honey	Natural Yogurt with Mango and Mint	Greek Yogurt with Toppings: Chia seeds, Sunflower seeds, Pumpkin seeds, Granola & Honey	Red Fruits Quark with Forest berries	Greek Yogurt with Toppings: Chia seeds, Sunflower seeds, Pumpkin seeds, Granola & Honey	Natural Yogurt with Raisins, Orange and Chiaseeds	Greek Yogurt with Toppings: Chia seeds, Sunflower seeds, Pumpkin seeds, Granola & Honey
Hot Dish	Bagel with Cream cheese and Cucumber	Hot Croissant with Melted Cheese	Fried Egg on Toast	Continental Meats and Cheeses	Scrambled Eggs with Bacon or Tomato	Pizza Slice, tomato, Mozzarella, Cheese	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	3 Types of 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