



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Healthy Drink Blitz/Smoothies	Organic Apple Juice	Apple & Blackberry Blitz	Iced Tea & Pineapple	Forest Berries & Blackcurrant Sorbet Blitz	Banana & Mango Smoothie	Caramel Frappuccino	Mango & Yoghurt Milkshake
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	Blackcurrant Yoghurt topped with Fresh Red Currants	Pineapple Yoghurt finished with Fresh Pineapple & Mint	Natural Yoghurt with Chia seed, Clementine & Honey	Greek Yoghurt with Pear and chocolate	Yoghurt with Lemon, Sultana & Chia Seed	Greek Yoghurt with Blackberry and a little Chocolate Cake	Rice Pudding with apple and cinnamon
Hot Dish	Scrambled egg on toast topped with Grilled Bacon or Sautee Mushrooms	Vegetarian sausages with Grilled tomato in a brioche roll	Oatmeal with cinnamon and Mango	Omelette with Italian Ham & Fresh Herbs or Omelette with Cheese and Tomato	American Pancakes with Blueberry and Maple Syrup	Hot Chicken Caesar style Baguette or Hot egg and watercress Baguette	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 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, 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	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	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