



## Healthy Drink

### Blitz/Smoothies

### Hot Porridge

### Cereals

### Yoghurt

### Hot Dish

### Bread Pastries Toast

### Fresh Fruit

### Continental Protein

### Beverages

Freshly Squeezed Orange  
Juice

Smoothie – Banana,  
Strawberry and Yoghurt

Blitz – Strawberry, Raspberry,  
Blueberry, Chiaseeds, Fresh  
Spinach and Apple juice

Blitz – Banana, Yoghurt, Peach  
and Kiwi

Organic Apple juice

Red Fruit & Yoghurt Smoothie

Smoothie – with Orange,  
Mango and Yoghurt

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

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

Greek Yoghurt with  
Toppings:  
Ghia Seeds, Sunflower Seeds  
Pumpkin Seeds, Granola,  
Honey, Fresh Orange  
Segments

Natural Yoghurt with Apple  
& Mint

Greek Yoghurt with Toppings:  
Ghia Seeds, Sunflower Seeds,  
Pumpkin Seeds, Granola,  
Honey, Roasted Plums

Natural Yoghurt with Blueberries  
and Raspberries

Greek Yoghurt with Toppings:  
Ghia Seeds, Sunflower Seeds,  
Pumpkin Seeds, Granola,  
Honey, Dried Fruit

Natural Yoghurt with Orange  
& Chia Seeds

Greek Yoghurt with Toppings:  
Ghia Seeds, Sunflower Seeds,  
Pumpkin Seeds, Granola  
Honey, Mixed Fruit Salad

Mozzarella Cheese & Tomato  
on Toast

American Pancakes with  
Red Fruits

Bagel with Cream Cheese and  
Smoked Salmon

Poached egg on Toast

Fried Egg with Crispy Bacon or  
Cheese

English Breakfast – Sausage,  
Bacon, Baked Beans, Tomato,  
Mushrooms, Scrambled Egg,  
Toast

Chef's Special

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

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

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

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

BREAKFAST - 07:30am to 08:10am

WEEK 3



BRUNCH - 11:00am to 12:30pm

