

# Breakfast

Week Ten



## Porridge with a Selection of Toppings

Pumpkin Seeds	Honey
Golden Syrup	Fruit Compote
Sultanas	Raisins

## White & Brown Bread

Unsalted Butter	Fruit preserves
Flora	Honey

## Whole Fresh Fruit

## Selection of Cereals

Weetabix	Rice Krispies
Cornflakes	Coco Pops
Homemade Muesli	Shreddies

## Breakfast Orange Juice

Cloudy Apple Juice

Semi-Skimmed Milk or Soya Milk

## Monday

Free Range Poached  
Eggs

Sliced Ham

## Tuesday

Cheesy Croissants

## Wednesday

Scramble  
Eggs

Crumpets  
Served with Jam

## Thursday

American Style  
Pancakes

Crispy Oven Baked  
Bacon

## Friday

Free Range Boiled  
Eggs

Seasoned Mushrooms

## Saturday

Pan Au Chocolate

## Sunday

Full English

Bacon Rashers  
Butchers' Sausages  
Hash Browns  
Grilled Tomatoes  
Mushrooms  
Free Range Fried Eggs  
Low Salt Baked Beans

