

Breakfast

Week Four



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

Hard Boiled Free
Range Eggs

Baked Beans

Tuesday

Streaky Bacon

Croissants

Wednesday

Crumpets
Served with Jam

Thursday

Toasted Ham &
Cheese Muffin

Toasted Tomato &
Cheese Muffin

Friday

Free Range
Scrambled Eggs

Butchers' Pork
Sausages

Saturday

Free Range Poached
Eggs

English Muffin

Sunday

Full English

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

