**Breakfast: Week Beginning 19/4/21 17/5/21 21/6/21**

| Week One | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Beverages** | Fresh Fruit Juices<br>Tea/coffee<br>fruit smoothies<br>milk /water | Fresh Fruit Juices<br>Tea/coffee<br>fruit smoothies<br>milk /water | Fresh Fruit Juices<br>Tea/coffee<br>fruit smoothies<br>milk /water | Fresh Fruit Juices<br>Tea/coffee<br>fruit smoothies<br>milk /water | Fresh Fruit Juices<br>Tea/coffee<br>fruit smoothies<br>milk /water | Fresh Fruit Juices<br>Tea/coffee<br>fruit smoothies<br>milk /water | Fresh Fruit Juices<br>Tea/coffee<br>fruit smoothies<br>milk /water |
| **Hot Foods** | Bacon, saute potatoes<br>fried eggs<br>Spaghetti hoops<br>porridge | Cheese & ham baked<br>croissants<br>Danish pastries<br>Creamy porridge | Pork sausage, potato waffles,<br>baked beans, scrambled eggs,<br>creamy porridge | Smoked salmon & cream<br>cheese pretzel<br>Pan au chocolate<br>Creamy porridge | Fried eggs,hash brown<br>spaghetti hoops<br>Creamy porridge | Bacon & cheese omelette<br>Pan au chocolate<br>Creamy porridge | French toast, sausage bacon,<br>sauté potatoes, baked beans,<br>mushrooms |
| **Cold Foods** | Choice of cereals<br>Fruit yogurts<br>Fresh fruits/dried apricots<br>sultanas, soaked prunes with<br>greek yogurt<br>Toast & choice of preserves or<br>a crusty roll | Choice of cereals<br>Fruit yogurts<br>Fresh fruits/dried apricots<br>sultanas, soaked prunes with<br>greek yogurt<br>Toast & choice of preserves or<br>a crusty roll | Choice of cereals<br>Fruit yogurts<br>Fresh fruits/dried apricots<br>sultanas, soaked prunes with<br>greek yogurt<br>Toast & choice of preserves or<br>a crusty roll | Choice of cereals<br>Fruit yogurts<br>Fresh fruits/dried apricots<br>sultanas, soaked prunes with<br>greek yogurt<br>Toast & choice of preserves or<br>a crusty roll | Choice of cereals<br>Fruit yogurts<br>Fresh fruits/dried apricots<br>sultanas, soaked prunes with<br>greek yogurt<br>Toast & choice of preserves or<br>a crusty roll | Choice of cereals<br>Fruit yogurts<br>Fresh fruits/dried apricots<br>sultanas, soaked prunes with<br>greek yogurt<br>Toast & choice of preserves or<br>a crusty roll | Choice of cereals<br>Fruit yogurts<br>Fresh fruits/dried apricots<br>sultanas, soaked prunes with<br>greek yogurt<br>Toast & choice of preserves or<br>a crusty roll |