Breakfast: Week beginning 3/5/21 7/6/21

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverages	Fresh fruit juice Tea/coffee Fruit smoothies Milk/water	Fresh fruit juice Tea/coffee Fruit smoothies Milk/water	Fresh fruit juice Tea/coffee Fruit smoothies Milk/water	Fresh fruit juice Tea/coffee Fruit smoothies Milk/water	Fresh fruit juice Tea/coffee Fruit smoothies Milk/water	Fresh fruit juice Tea/coffee Fruit smoothies Milk/water	Fresh fruit juice Tea/coffee Fruit smoothies Milk/water
Hot Foods	Bacon, sauted potatoes Fried eggs Spaghetti hoops Creamy porridge	Cheese & ham baked croissant danish pastries creamy porridge	Pork sausage, potato waffle, baked beans scrambled eggs creamy porridge	Smoked salmon, cream cheese pretzel Pan au chocolate creamy porridge	Fried eggs, hash browns bacon, spagetti hoops creamy porridge	Bacon & cheese omelette Pan au chocolate Creamy porridge	French toast, sausage bacon, saute potatoes baked beans, mushrooms
Cold Foods	Choice of cereals Fruit yogurts Fresh Fruits, dried apricots sultanas, soaked prunes with greek yogurt Toast & choice of preserves crusty roll	Choice of cereals Fruit yogurts Fresh Fruits, dried apricots sultanas, soaked prunes with greek yogurt Toast & choice of preserves crusty roll	Choice of cereals Fruit yogurts Fresh Fruits, dried apricots sultanas, soaked prunes with greek yogurt Toast & choice of preserves crusty roll	Choice of cereals Fruit yogurts Fresh Fruits, dried apricots sultanas, soaked prunes with greek yogurt Toast & choice of preserves crusty roll	Choice of cereals Fruit yogurts Fresh Fruits, dried apricots sultanas, soaked prunes with greek yogurt Toast & choice of preserves crusty roll	Choice of cereals Fruit yogurts Fresh Fruits, dried apricots sultanas, soaked prunes with greek yogurt Toast & choice of preserves crusty roll	Choice of cereals Fruit yogurts Fresh Fruits, dried apricots sultanas, soaked prunes with greek yogurt Toast & choice of preserves crusty roll