Breakfast: Week Beginning 10/5/21 14/6/21

Week Four	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, saute potatoes Fried eggs Spaghetti hoops Creamy porridge	Cheese & ham baked croissants Danish pastries Creamy porridge	Pork sausages, potato waffles, baked beans scrambled eggs Creamy porridge	Smoked salmon, cream cheese pretzel Pan au chocolate Creamy porridge	Fried eggs Hash browns bacon, spaghetti 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 fruit, dried apricots sultanas, soaked prunes with greek yogurt toast & choice of preserves crusty rolls	Choice of cereals Fruit yogurts Fresh fruit, dried apricots sultanas, soaked prunes with greek yogurt toast & choice of preserves crusty rolls	Choice of cereals Fruit yogurts Fresh fruit, dried apricots sultanas, soaked prunes with greek yogurt toast & choice of preserves crusty rolls	Choice of cereals Fruit yogurts Fresh fruit, dried apricots sultanas, soaked prunes with greek yogurt toast & choice of preserves crusty rolls	Choice of cereals Fruit yogurts Fresh fruit, dried apricots sultanas, soaked prunes with greek yogurt toast & choice of preserves crusty rolls	Choice of cereals Fruit yogurts Fresh fruit, dried apricots sultanas, soaked prunes with greek yogurt toast & choice of preserves crusty rolls	Choice of cereals Fruit yogurts Fresh fruit, dried apricots sultanas, soaked prunes with greek yogurt toast & choice of preserves crusty rolls