

Autumn 2018 ~ Breakfast Club Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish	Baked Beans on Granary Toast or Cheese on Toast	Bagels ~ Croissants ~ Pancakes ~ Boiled Egg	Wholegrain Spaghetti Hoops ~ Toast ~ Veggie Sausage	Scrambled Egg ~ Granary Toast ~ Crumpet	Butchers Sausage or Grilled Lean Bacon Bap ~ Fruit Smoothies (<i>Children to make as an activity with staff & chef</i>)
Spreads & Preserves	Honey ~ Jam ~ Marmalade ~ Low Fat Soft Cheese	Honey ~ Jam ~ Marmalade ~ Low Fat Soft Cheese	Honey ~ Jam ~ Marmalade ~ Low Fat Soft Cheese	Honey ~ Jam ~ Marmalade ~ Low Fat Soft Cheese	Honey ~ Jam ~ Marmalade ~ Low Fat Soft Cheese
Hot & Cold Drinks	Milk ~ Apple or Orange Juice ~ Water ~ Hot Chocolate	Milk ~ Apple or Orange Juice ~ Water ~ Hot Chocolate	Milk ~ Apple or Orange Juice ~ Water ~ Hot Chocolate	Milk ~ Apple or Orange Juice ~ Water ~ Hot Chocolate	Milk ~ Apple or Orange Juice ~ Water ~ Hot Chocolate
Misc... available daily	Fresh Fruit Pots ~ Fromage Frais ~ Shreddies ~ Bite-Size Shredded Wheat ~ Weetabix ~ Rice Crispies ~ Wholemeal Bread	Fresh Fruit Pots ~ Fromage Frais ~ Shreddies ~ Bite-Size Shredded Wheat ~ Weetabix ~ Rice Crispies ~ Wholemeal Bread	Fresh Fruit Pots ~ Fromage Frais ~ Shreddies ~ Bite-Size Shredded Wheat ~ Weetabix ~ Rice Crispies ~ Wholemeal Bread	Fresh Fruit Pots ~ Fromage Frais ~ Shreddies ~ Bite-Size Shredded Wheat ~ Weetabix ~ Rice Crispies ~ Wholemeal Bread	Fresh Fruit Pots ~ Fromage Frais ~ Shreddies ~ Bite-Size Shredded Wheat ~ Weetabix ~ Rice Crispies ~ Wholemeal Bread