

# BREAKFAST MENU

BREAKFAST IS ONE OF THE MOST IMPORTANT MEALS OF THE DAY !



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Cereal/ Pancakes	Cornflakes	Rice Crispies Pancakes with Berry Compote	Weetabix	Cornflakes	Rice Crispies Pancakes with Berry Compote
Toast	Beans on Toast Or Toast with Spread				
Over Night Oats	Over Night Oats				
Porridge	Fruity Porridge 🍏				
Fruit with Yoghurt	Banana or Mandarins 🍏 Served with Strawberry Yoghurt				
Drink	Water or Milk				

🍏 Fruity!

Internal

