

BREAKFAST



Sample Menu Week 1

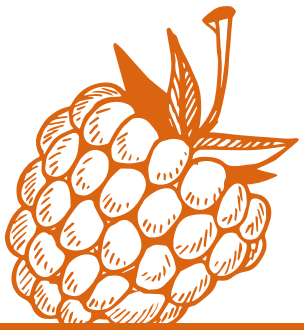


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Mango	Pineapple	Apple	Oranges	Cranberry
HOT ITEMS	<p>Waffle Bar</p> <p>Chocolate Sauce, Mixed berries , Fruit Compote & Greek Yoghurt, Mascarpone Cheese and Topping</p> <p>Cheese Mushroom Spinach Baps</p>	<p>Sausages</p> <p>Fried Eggs</p> <p>Hash Browns</p> <p>Baked Beans</p>	<p>Egg Benedict & Spicy Tofu</p> <p>Avocado on English Muffin</p>	<p>Sausages</p> <p>Scrambled Eggs</p> <p>Grilled Field Mushrooms</p> <p>Baked Beans</p>	<p>Pancake Bar</p> <p>Chocolate Spread, Lemon Curd , Blueberries, Fruit Compote & Yoghurt and Topping</p> <p>Egg</p> <p>Cheddar cheese</p>
DAILY SPECIAL	<p>Carrot & Sultana Muffin</p> <p>Mango & Spinach Smoothie</p>	<p>Selection of Pastries</p> <p>Celery & Cucumber Smoothie</p>	<p>Selection of Pastries</p> <p>Banana & Raspberry Smoothie</p>	<p>Selection Pastries</p> <p>Strawberry & Orange Smoothies</p>	<p>Banana and Chocolate Bread</p> <p>Tropical Smoothies</p>
DAILY BREAKFAST ITEMS	<p>Porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Toast station with deli bread, Spreads and Preserves</p>	<p>Porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Toast station with deli bread, spreads and preserves</p>	<p>Porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Toast station with deli bread, spreads and preserves</p>	<p>Porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Toast station with deli bread, spreads and preserves</p>	<p>Porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Toast station with deli bread, spreads and preserves</p>
FRUIT	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit

Morning Break

SNACK	Oat Cookies	Pizza Bagels	Banana Cake	Bacon & Cheddar. Scones Vegan Feta Scones	Chelsea Bun
FRUIT	Selection of whole fruits	Selection of whole fruits	Selection of whole fruits	Selection of whole fruits	Selection of whole fruits





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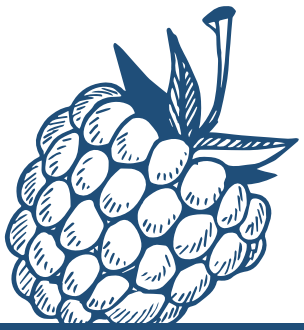
Sample Menu Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Apple juice	Orange juice	Mango juice	Pineapple juice	Orange juice
HOT ITEMS	<p>Waffle Bar</p> <p>Chocolate Sauce, berries, Fruit Compote & Greek Yoghurt, Mascarpone Cheese and Topping</p> <p>Cheese Mushroom Spinach Baps</p>	<p>Smoked bacon Poached Egg Sauté potato & Tomato Baked beans</p>	<p>Bacon, Sausage Wrap Or Vegetarian Breakfast Wrap</p>	<p>Sausages Scrambled Eggs Hash Browns Field Mushrooms Baked Beans</p>	<p>Pancake Bar</p> <p>Chocolate Spread, Lemon Curd, Blueberries, Fruit Compote & Yoghurt and Topping</p> <p>Egg Cheddar cheese</p>
DAILY SPECIAL	Banana Oatmeal Muffin Spinach, Banana, Green Apple, Kalé & Cucumber Smoothie	Selection of Pastries Beetroot, Red Pepper, Cucumber Ginger & Apple	Mixed Danish Pastries Blueberry & Kiwi Smoothie	Lemon & Poppy Seeds Muffin Blueberry & Mint smoothie	Selection of Pastries Mixed Berry Smoothie
DAILY BREAKFAST ITEMS	Porridge station with toppings Selection of breakfast cereals Toast station with deli bread, spreads and preserves	Porridge station with toppings Selection of breakfast cereals Toast station with deli bread, spreads and preserves	Porridge station with toppings Selection of breakfast cereals Toast station with deli bread, spreads and preserves	Porridge station with toppings Selection of breakfast cereals Toast station with deli bread, spreads and preserves	Porridge station with toppings Selection of breakfast cereals Toast station with deli bread, spreads and preserves
FRUIT	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit

Morning Break

SNACK	Strawberry & Cinnamon Bars	Bacon Turnovers Or Tomato Pesto Turnovers	Apple Muffin	Twisted Cheesy Rings	Rhubarb Custard Blonde
FRUIT	Selection of whole fruits	Selection of whole fruits	Selection of whole fruits	Selection of whole fruits	Selection of whole fruits





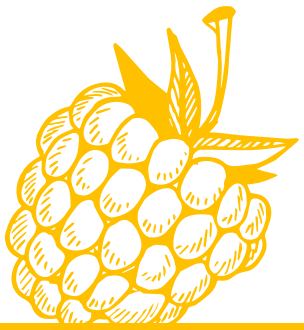
BREAKFAST



Sample Menu Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Cranberry juice	Apple juice	Orange juice	Apple juice	Pineapple juice
HOT ITEMS	<p>Waffle Bar</p> <p>Chocolate Sauce, berries, Fruit Compote & Greek Yoghurt, Mascarpone Cheese and Topping</p> <p>Cheese Mushroom Spinach Baps</p>	<p>Sausage & Bacon Fried eggs</p> <p>Grilled mushroom, Tomato Hash Browns</p> <p>Baked Beans</p>	<p>Sausage or Vegetarian Casseroles</p> <p>Fried Eggs</p>	<p>Breakfast Meat Wrap Or Vegetarian Breakfast Wrap</p>	<p>Pancake Bar</p> <p>Chocolate Spread, Lemon Curd, Blueberries, Fruit Compote & Yoghurt and Topping</p> <p>Egg Cheddar cheese</p>
DAILY SPECIAL	Tropical Green Smoothie Strawberry Filled Croissant	Melon Smoothie Chocolate Muffin	Banana Strawberry Smoothie Banana Seeded & Oat Bread	Pineapple Lime Spinach Cucumber & Apple Juice Cinnamon Rolls	Berry Blast Smoothies Selection of Pastries
DAILY BREAKFAST ITEMS	<p>Porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Toast station with deli bread, spreads and preserves</p>	<p>Porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Toast station with deli bread, spreads and preserves</p>	<p>Porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Toast station with deli bread, spreads and preserves</p>	<p>Porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Toast station with deli bread, spreads and preserves</p>	<p>Porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Toast station with deli bread, spreads and preserves</p>
FRUIT	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit
Morning Snack					
SNACK	Salted Dark Chocolate Popcorn	Sausage & Cheesy Muffin Or Vegan Sausage & Cheesy Muffin	Ginger Biscuits	Ground Beef Snack Quiche Or Vegetarian Quiche	Triple Chocolate Scones
FRUIT	Selection of whole fruits	Selection of whole fruits	Selection of whole fruits	Selection of whole fruits	Selection of whole fruits





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Sample Menu Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Cranberry juice	Apple juice	Orange juice	Apple juice	Pineapple juice
HOT ITEMS	<p><u>Waffle Bar</u></p> <p>Chocolate Sauce, Mixed berries, Fruit Compote & Greek Yoghurt, Mascarpone Cheese and Topping</p> <p>Cheese Mushroom Spinach Baps</p>	<p>Meat or Vegetarian Omelette</p> <p>Bake Beans</p> <p>Sautéed Potato</p>	<p>Gammon</p> <p>Fried eggs</p> <p>Hash browns</p> <p>Grilled Tomato</p>	<p>Smoked Bacon Sausage</p> <p>Fried Eggs</p> <p>Grilled Mushroom</p> <p>Baked Beans</p>	<p><u>Pancake Bar</u></p> <p>Chocolate Spread, Lemon Curd, Blueberries, Fruit Compote & Yoghurt and Topping</p> <p>Egg</p> <p>Cheddar cheese</p>
DAILY SPECIAL	<p>Pumpkin Bread</p> <p>Strawberry & Mango smoothie</p>	<p>Selection of Pastries</p> <p>Carrot Ginger Juice</p>	<p>Banana Seeded & Oat Bread</p> <p>Banana Strawberry Smoothie</p>	<p>Selection of Pastries</p> <p>Carrot Ginger Juice</p>	<p>Blueberry Muffin</p> <p>Avocado & Apple Smoothie</p>
DAILY BREAKFAST ITEMS	<p>Porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Toast station with deli bread, spreads and preserves</p>	<p>Porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Toast station with deli bread, spreads and preserves</p>	<p>Porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Toast station with deli bread, spreads and preserves</p>	<p>Porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Toast station with deli bread, spreads and preserves</p>	<p>Porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Toast station with deli bread, spreads and preserves</p>
FRUIT	Whole fruit	Whole fruit	Whole fruit	Whole fruit	Whole fruit
Morning Break					
SNACK	Cherry Puff Pastry Pie	Pepperoni Calzone Or Vegetable Calzone	Carrot Cake Cookies	Buffalo Chicken Crescent Roll	Vanilla Yogurt & Fruit Slices
FRUIT	Selection of whole fruits	Selection of whole fruits	Selection of whole fruits	Selection of whole fruits	Selection of whole fruits

