

BREAKFAST MENU



mindful
food
BOOST YOUR MIND

Monday

Tuesday

Wednesday

Thursday

Friday

CEREALS

HAPPY TUMS

Selection of Cereals:

Weetabix (G)
Corn Flakes (G)
Rice Krispies (G)
Frosties (G)

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FRUITS

AND JUICE

Orange juice and
apple wedges

Apple juice and
orange wedges

Orange juice and
water melon

Apple juice and
grapes

Orange juice and
banana pieces

TOAST

STATION

Toast (G,So)
Bagels (G)

Toast (G,So)
Bagels (G)

Toast (G,So)
Bagels (G)

Toast (G,So)
Bagels (G)

Toast (G,So)
Bagels (G)

Jam (Su), Honey or
Marmite (G,Ce)

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Marmite (G,Ce)

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Marmite (G,Ce)

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Dates

April to July 2022

Allergens

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals
containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide