



BE A HIGH-FLYER.
A HEALTHY SCHOOL BREAK SUPPORTS YOUR LEARNING



Morning Break	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Option	Bacon Baguette	Sausage Roll	Pepperoni Pizza muffin	Sausage Baguette	Pizza Muffin
Cereal	Porridge Pot	Low sugar breakfast cereals	Overnight Oats with Fresh fruit	Low sugar breakfast cereals	Fresh yoghurt & fruit
Fresh Fruit and Vegetables	Fresh Fruit Pots Granola Fruit Pots Fresh Fruit Crudities & Houmous	Fresh Fruit Pots Granola Fruit Pots Fresh Fruit Crudities & Houmous	Fresh Fruit Pots Granola Fruit Pots Fresh Fruit Crudities & Houmous	Fresh Fruit Pots Granola Fruit Pots Fresh Fruit Crudities & Houmous	Fresh Fruit Pots Granola Fruit Pots Fresh Fruit Crudities & Houmous
Toasted Items	Mix of white & granary toast	Mix of white & granary toast	Mix of white & granary toast	Mix of white & granary toast	Mix of white & granary toast
Optional Toppings	Crumpets	Toasted Teacake	English Muffin	Cheese on Toast	Toasted Bagel
Sandwiches & Salad Pot Selection	Sandwich and Salad pot selection	Sandwich and Salad pot selection	Sandwich and Salad pot selection	Sandwich and Salad pot selection	Sandwich and Salad pot selection



MENU - MORNING BREAK