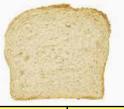


Breakfast Club Menu











Monday	Tuesday	Wednesday	Thursday	Friday
Wholemeal toast with a selection of spreads				
Gluten free toast option				
Selection of cereals/porridge with semi-skimmed milk/ soya milk	Selection of cereals/porridge with semi-skimmed milk/ soya milk	Selection of cereals/porridge with semi-skimmed milk/ soya milk	Selection of cereals/porridge with semi-skimmed milk/ soya milk	Selection of cereals/porridge with semi-skimmed milk/ soya milk
Crumpets	Muffins / malt loaf	Bagels and cream cheese	Scotch pancakes with honey or fruit topping	Beans on toast / fruit loaf
Choice of low fat yoghurts				
Selection of fresh fruit	Fruit kebab making			
Milk Water Fruit Juice	Milk Water Fruit Juice	Milk Water Smoothies	Milk Water Fruit Juice	Milk Water Fruit Juice

Please note that all menu items are subject to availability and may vary. Additional dietary requirements and needs to be discussed with the club (see policy)