

SENIOR SCHOOL BREAKFAST MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYDRATION	Fruit Juices & Flavoured Water, Selection of Teas & Coffee, all with Dairy & Plant-based Milks						
MINI ENERGY BOOSTERS	Apple, Kiwi, Kale & Lime Smoothie	Blueberry & Chia Seeds Overnight Oats	Orange & Pumpkin Seed Overnight Oats	Banana & Winter Berry Smoothie	Pear, Vanilla & Dark Chocolate Overnight Oats	Mango, Ginger & Turmeric Smoothie	Peach & Raspberry Overnight Oats
CEREALS & PORRIDGE	Selection of Low-sugar Cereals with Dairy & Plant Based Milks. Hearty Porridge, served with a Selection of Dried Fruits, Seeds, Berries, Flavoured Sugar & Syrup						
TOASTED	Tins Loaves & Daily Speciality Bread. All served with Butter & Plant-based Spreads. Jam's, Marmalade & Curds, Honey & Marmite.						
KITCHEN FAVOURITES	Scrambled Eggs Back Bacon Gilled Tomatoes Hash Browns	Perfect Pancakes - American Pancakes, Yoghurt, Berries, Fresh & Dried Fruits	Crispy Streaky Bacon Fried Eggs Plum Tomatoes Crispy Potatoes	Lincolnshire Sausages Bubble & Squeak Baked Beans Poached Eggs	Waffles Galore - Belgium Style Waffles with Sweet & Savoury Toppings	Breakfast Hampers - Delivered Fresh, To Your Boarding House: Fresh Pastries & Smoked Salmon Bagels Fresh Cut Fruit, Yoghurt & Berries Apple Juice, Orange Juice & Fresh Made Smoothie	Sunday Brunch - Help Yourself! Free Range Eggs Poached, Boiled or Fried Grilled Back Bacon, Pork & Plant-based Sausage Plum Tomatoes, Baked Beans, Hash Browns & Button Mushrooms
HOMEMADE GREEK YOGHURT	Probiotic Natural Yoghurt with Fruit Compotes, a selection of toppings to include Granola, Dried Fruits, Seeds & Honey.						
WHOLE & CUT FRUIT	Sliced & potted fruits Melons - watermelon, cantaloupe or honeydew, pineapple, orange wedges or mixed grapes Fresh whole fruits with weekly seasonal special						