



Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY BRUNCH
JUICES & SMOOTHIES	Orange & apple juice	Orange & apple juice	Orange & apple juice	Orange & apple juice	Orange & apple juice	Orange & apple juice	Fruit smoothies Grilled bacon Oven baked sausages Grilled tomatoes Baked beans Mushrooms Hash
HOT BREAKFAST ITEMS	Grilled bacon Baked beans Poached eggs Fruit bread	Oven baked sausages Plum tomatoes Scrambled eggs Croissant	Grilled bacon Mushrooms Fried eggs Breakfast muffins	Oven baked sausages Hash browns Poached eggs Pain au chocolate	Grilled bacon Grilled tomatoes Scrambled eggs Cinnamon toast	Oven baked sausages Spaghetti hoops Scrambled eggs Pancakes	
DAILY BREAKFAST ITEMS	Porridge bar Cereal bar Toast & spreads Yoghurt & fruit salad Cut & whole fruit	Porridge bar Cereal bar Toast & spreads Yoghurt & fruit salad Cut & whole fruit	Porridge bar Cereal bar Toast & spreads Yoghurt & fruit salad Cut & whole fruit	Porridge bar Cereal bar Toast & spreads Yoghurt & fruit salad Cut & whole fruit	Porridge bar Cereal bar Toast & spreads Yoghurt & fruit salad Cut & whole fruit	Porridge bar Cereal bar Toast & spreads Yoghurt & fruit salad Cut & whole fruit	browns Fried eggs Porridge bar Cereal bar Toast & spreads Yoghurt & fruit salad Cut & whole fruit