



# BREAKFAST & SNACK MENU

## SERVICE TIMES

Breakfast	07:30 - 08.15
Lunch	12:30 - 13.30
Supper	17:00 - 18:00



## Milk Free

### Breakfast Cereal

Served with soya milk / oat milk

- Cornflakes
- Rice Krispies
- Weetabix
- Bran Flakes

### Bread or Toast

Served with margarine and either jam or marmalade. Can be toasted on request.

### Fruit

### Drinks

- Black Tea
- Black Coffee
- Orange Juice
- Apple Juice
- Squash

Avoid malted milk and hot chocolate drinks.

### Snacks

Biscuits (only ginger nut or rich tea biscuits allowed)  
Fruit

## Low Fibre

### Breakfast Cereal

- Cornflakes
- Rice Krispies

### Bread or Toast

White bread served with either butter or margarine and jam or marmalade.

### Yoghurt

No fruit, sorry!

### Drinks

- Tea
- Coffee
- Malted Milk
- Hot Chocolate
- Orange Juice
- Apple Juice
- Squash

### Snacks

Biscuits (no digestive or fruit shortcake)  
Cake (not fruit cake)  
Cheese & Crackers  
Yoghurt  
Meritene Shake (strawberry / chocolate)  
Meritene Soup (chicken / vegetable)

## Non Gluten Containing Ingredients - NGCI

### NGCI Breakfast Cereal

Please order your NGCI cereal from catering.

### NGCI Porridge

Please order your NGCI porridge from catering.

### NGCI Bread Rolls

Please order your NGCI rolls from catering. Served with either butter or margarine and jam or marmalade.

### Fruit

### Yoghurt

### Drinks

- Tea
- Coffee
- Hot Chocolate
- Orange Juice
- Apple Juice
- Squash

Avoid malted milk.

### Snacks

NGCI Biscuits (order from catering)  
Cake  
Fruit  
Yoghurt  
Meritene Shake (strawberry / chocolate)  
Meritene Soup (chicken / vegetable)

## Low Potassium

### Breakfast Cereal

- Ready Brek
- Cornflakes
- Rice Krispies

### Bread or Toast

Served with either butter or margarine and jam or marmalade.

### Yoghurt

### Drinks

- Tea
- Squash

Avoid malted milk, hot chocolate and coffee

No fruit juice, bananas or satsumas, sorry!

### Snacks

Cake (not fruit cake)  
Cheese & Crackers  
Yoghurt

## Low Fat

### Breakfast Cereal

Served with Skimmed milk. Please order from catering.

### Bread or Toast & Margarine

Served with either jam or marmalade. (no butter).

### Fruit

### Drinks

- Tea
- Coffee
- Orange Juice
- Apple Juice
- Squash

Avoid malted milk and chocolate drinks.

### Snacks

Fruit