

BASE Menu

Breakfast Club Daily Choices

Mighty Malties / Rice Crispies / Porridge

Wholemeal Toast

Dairy Free spread

Low Sugar Jam (1 tsp)

Cream Cheese

Fat Free Greek Style Yogurt

Fruit

Semi Skimmed Milk

Monday

Crackers

Cheese spread

Peppers

Cucumber

Hummus

Water

Tuesday

Greek Low Fat Yogurt

Fruit Platter

Rice Cakes

Water

Wednesday

Sliced Wholemeal Pitta

Hummus

Carrots

Cucumber

Water

Thursday

Plain Oatcakes

Cream Cheese spread

Fruit Platter

Water

Friday

Sliced Wholemeal Pitta

Cheese

Veg Sticks

Water

Any children who have food allergies will be provided with a suitable alternative.