



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
Fruit Platter
Semi Skimmed Milk

Friday

Wholemeal wraps
Tomato Puree
Cheese
Water