

| Breakfast             | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY                   |
|-----------------------|---|--|---|--|---|---|--------------------------|
| Spreads               | Jams and Marmalade<br>Honey<br>Marmite Portions                                       | Jams and Marmalade<br>Honey<br>Marmite Portions          | Jams and Marmalade<br>Honey<br>Marmite portions                                   | Jams and Marmalade<br>Honey<br>Marmite Portions  | Jams and Marmalade<br>Honey<br>Marmite Portions   | Jams and Marmalade<br>Honey<br>Marmite Portions                     | <b>Sunday<br/>Brunch</b> |
| Smoothie Bar          | Coconut Water,<br>Cranberry, Blueberry<br>& Banana                                    |  | Winter Berries  |  | Raspberry, Yoghurt<br>& Oats  | Actimel Yoghurt   |                          |
| Greek Yoghurt         | Greek Yoghurt   | Greek Yoghurt  | Greek Yoghurt   | Greek Yoghurt  | Greek Yoghurt   | Greek Yoghurt   |                          |
| Fruit Yoghurt         | Strawberry Yoghurt  | Kiwi Yoghurt   | Toffee Yoghurt  | Peach Yoghurt  | Cherry Yoghurt  | Raspberry Yoghurt   |                          |
| Freshly Made Porridge | Milk & Water  | Milk & Water   | Milk & Water  | Milk & Water   | Milk & Water  | Milk & Water  |                          |
| Bakery Options        | Belgian Waffles with<br>Syrup<br>Cheese & Tomato<br>Toasties                          | Mini Danish Pastries<br><br>Hot Cross Buns               | Pain au Chocolate<br><br>English Muffins with<br>Scrambled Egg &<br>Smoked Salmon | Mini Chocolate &<br>Blueberry Muffins<br><br>Grilled Bagels and<br>Philadelphia Portions | Pain Au Raisin<br><br>English Muffins with<br>Poached Egg &<br>Hollandaise Sauce<br>(Sliced Ham Option) | Croissants<br><br>Toasted Tea Cakes                                 |                          |
| Hot Option            | Grilled Bacon<br>Scrambled Eggs<br>Grilled Tomatoes                                   | Pork Sausage<br>Baked Beans<br>Hash Browns<br>Fried Eggs | Grilled Streaky<br>Bacon<br>Sauté of Mushrooms<br>Boiled Eggs                     | Chipolata Sausage<br>Grilled Tomato<br>Poached Eggs                                      | Grilled Bacon<br>Boiled Eggs<br>Baked Beans   | Pork Sausages<br>Saute Potatoes<br>Scrambled Eggs<br>Grilled Tomato |                          |
| Cold Option           | Sliced Italian Salami<br>Sliced Spanish<br>Chorizo<br>Sliced Cheddar<br>Smoked Salmon |  |   |  | Sliced Danish Salami<br>Sliced British Ham<br>Sliced Brie<br>Peppered Mackerel                          |   |                          |
| Fruit                 | Cut fruit and<br>whole fresh fruit  | Cut fruit and<br>whole fresh fruit                       | Cut fruit and<br>whole fresh fruit  | Cut fruit and<br>whole fresh fruit   | Cut fruit and<br>whole fresh fruit  | Cut fruit and<br>whole fresh fruit                                  |                          |

*Great tasting food to look forward to and really love.*