

## ASHTON KEYNES PRIMARY SCHOOL BREAKFAST CLUB MENU

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b><u>Cereals</u></b> Multigrain Hoops Rice Crispies Shredded Wheat Weetabix Cornflakes Porridge</p> <p><b><u>Fruit</u></b> A variety of apples, pears, etc. plus seasonal fruit (strawberries, melon, etc.) when available</p> <p><b><u>Wholemeal Toast</u></b> with sunflower spread, jam, marmite, honey</p> <p><b><u>Dairy products</u></b> One variety available each day, i.e.yoghurts, cheese etc.</p>	<p><b><u>Cereals</u></b> Multigrain Hoops Rice Crispies Shredded Wheat Weetabix Cornflakes Porridge</p> <p><b><u>Fruit</u></b> A variety of apples, pears, etc. plus seasonal fruit (strawberries, melon, etc.) when available</p> <p><b><u>Wholemeal Toast</u></b> with sunflower spread, jam, marmite, honey</p> <p><b><u>Dairy products</u></b> One variety available each day, i.e.yoghurts, cheese etc.</p>	<p><b><u>Cereals</u></b> Multigrain Hoops Rice Crispies Shredded Wheat Weetabix Cornflakes Porridge</p> <p><b><u>Fruit</u></b> A variety of apples, pears, etc. plus seasonal fruit (strawberries, melon, etc.) when available</p> <p><b><u>Wholemeal Toast</u></b> with sunflower spread, jam, marmite, honey</p> <p><b><u>Dairy products</u></b> One variety available each day, i.e.yoghurts, cheese etc.</p>	<p><b><u>Cereals</u></b> Multigrain Hoops Rice Crispies Shredded Wheat Weetabix Cornflakes Porridge</p> <p><b><u>Fruit</u></b> A variety of apples, pears, etc. plus seasonal fruit (strawberries, melon, etc.) when available</p> <p><b><u>Wholemeal Toast</u></b> with sunflower spread, jam, marmite, honey</p> <p><b><u>Dairy products</u></b> One variety available each day, i.e.yoghurts, cheese etc.</p>	<p><b><u>Cereals</u></b> Multigrain Hoops Rice Crispies Shredded Wheat Weetabix Cornflakes Porridge</p> <p><b><u>Fruit</u></b> A variety of apples, pears, etc. plus seasonal fruit (strawberries, melon, etc.) when available</p> <p><b><u>Wholemeal Toast</u></b> with sunflower spread, jam, marmite, honey</p> <p><b><u>Dairy products</u></b> One variety available each day, i.e.yoghurts, cheese etc.</p>
<p><b><u>Daily Option</u></b> Boiled eggs and wholemeal toast</p>	<p><b><u>Daily Option</u></b> scrambled eggs on whole meal toast</p>	<p><b><u>Daily Option</u></b> Beans on toast scrambled eggs Cheese on toast Omelette varieties</p> <p style="margin-left: 150px;">} free choice day</p>	<p><b><u>Daily Option</u></b> Omelette varieties to include plain, cheese, peppers, tomato, etc. Two options available each week.</p>	<p><b><u>Daily Option</u></b> Cheese on wholemeal toast</p>
<p><b><u>Drinks</u></b> Semi-skimmed milk Juice (orange, apple,) Orange/Blackcurrant Squash Water Lactose free milk on request</p>	<p><b><u>Drinks</u></b> Semi-skimmed milk Juice (orange, apple,) Orange/Blackcurrant Squash Water Lactose free milk on request</p>	<p><b><u>Drinks</u></b> Semi-skimmed milk Juice (orange, apple,) Orange/Blackcurrant Squash Water Lactose free milk on request</p>	<p><b><u>Drinks</u></b> Semi-skimmed milk Juice (orange, apple,) Orange/Blackcurrant Squash Water Lactose free milk on request</p>	<p><b><u>Drinks</u></b> Semi-skimmed milk Juice (orange, apple,) Orange/Blackcurrant Squash Water Lactose free milk on request</p>

Children choose two options but not from the same category (i.e. not two bowls of cereal) plus drinks

The above is available on a daily basis. For special events, i.e. world awareness events, Christmas, etc. a separate menu will be available.