

NEW BREAKFAST MENU



	Monday	Tuesday	Wednesday	Thursday	Friday 
Fruits	selection	selection	selection	selection	selection
Bread	Wholemeal bread	Wholemeal bread Bagel	Wholemeal bread	Wholemeal bread Bagel	Wholemeal bread
Spread and extra	Honey Dairy free spread Reduce salt marmite	Reduce sugar jam Dairy free spread Reduce salt marmite	Honey Dairy free spread Reduce salt marmite	Reduce sugar jam Dairy free spread Reduce salt marmite	Honey Dairy free spread Reduce salt marmite
Dairy	Low fat yogurt	Low fat yogurt low fat cream cheese	Low fat yogurt	Low fat yogurt low fat cream cheese	Low fat yogurt
Hot	Porridge * Toast**	Baked beans Toast **	Porridge * Toast**	Baked beans * Toast**	Porridge * Toast**
Cereal	Brand flakes Rice pops Mini Weetabix Cornflakes	Brand flakes Rice pops Mini Weetabix Cornflakes	Brand flakes Rice pops Mini Weetabix Cornflakes	Brand flakes Rice pops Mini Weetabix Cornflakes	Brand flakes Rice pops Mini Weetabix Cornflakes
Drink	Water Semi skimmed milk Oat milk	Water Semi skimmed milk Oat milk	Water Semi skimmed milk Oat milk	Water Semi skimmed milk Oat milk	Water Semi skimmed milk Oat milk

*can be sweetened with honey or fruit

**with dairy free spread or reduced salt marmite



As part of the Healthy Zone Project in partnership with School Food Matters, Guys and St. Thomas Charity and Southwark council.