

Children are encouraged to choose one item from each of the 3 food groups (Starch, Dairy and Fresh Fruit)

Monday	Toast with Sugar Free Jam
Tuesday	Bagels
Wednesday	Beans on Toast
Thursday	Bagels
Friday	Toast with Sugar Free Jam

Available every morning Cereal, Yogurt, Fresh Fruit

Drinks Apple Juice Milk Water

...and watch out for the specials on last days of term etc Bacon/sausage barms Croissants Pancakes etc