

Breakfast Club Menu



Toast

Muffins – served once a week

Crumpets – served once a week

Children are allowed 2 toast or 1 crumpet or muffin along with one toast with a choice of spread

Drinks

Fresh fruit juice - orange or apple

Water

Children are allowed only fruit juice and unlimited water

Cereal

Weetabix

Cornflakes

Rice krispies

Wholegrain cereals

Children are allowed one bowl of cereal

Spreads

Margarine

Honey

Jam

Lemon Curd

Soft cheese spread

Fresh fruit or vegetables daily

Apples

Bananas

Pears

Carrots