

HEALTHY AND HEARTY



BREAKFAST

PORRIDGE
WEETABIX
BROWN TOAST

FRESH FRUIT
CUP OF SOUP
SCRAMBLE EGGS
MUFFINS
EGG/PIZZA
BEANS TOAST

SNACKS

FRUIT POTS
FRESH FRUIT
BROWN BREAD
SCONES
OAT CAKES
PLAIN RICE CAKES
WHOLEGRAIN CRACKERS
LOW FAT CHEESE
PLAIN YOGHURTS
SEED PACKS
APPLE & NUT BUTTER
ENERGY BALLS/ BAR
FLAPJACKS/CEREAL BAR

MAIN DISHES

FRESH VEGGIE SOUP
WHOLEGRAIN BREAD
WRAP (selection)
SANDWICH (selection)
BAP (selection)
PITTA (selection)
MEAT + VEGGIE + POTATO
OMELETTE
CHICKEN/VEGGIE CURRY
CHICKEN/BEEF/VEGGIE
FAJITA
SHEPARD'S PIE
CHILLI CON CARNE
MEATBALLS
LEAN BEEF BURGER
SALAD & WEDGES
FILLED BAKED POTATO
TOMATO PASTA BAKE
EGG FRIED RICE + VEGGIE

DRINKS

STILL WATER
MILK
TEA
COFFEE
SMOOTHIE