



Real Food for Real Energy

Tea Menu November 2023 -December 2023

Week One

WB 6th November, 27th November

Week Two

WB 13th November 4th December

Week Three

WB 20th November, 11th December

Daily

Toast with Butter, Honey, Marmite, Marmalade and Jam
 Assorted Fruit Yoghurts and Cereal
 Tea, Milk or Water
 Fresh Fruit Bowl
 Fruit Juice

Tuesday

Porridge with Assorted Toppings

Scrambled Egg on Bagels

Beans on Toast

Wednesday

Bacon Rolls

Croissants

Baguettes

Thursday

English Breakfast Muffins

Crumpets

Porridge with Assorted Toppings

Friday

Scrambled Eggs, Mushrooms
and Avocado on Sourdough

Bacon Rolls

Scrambled Eggs, Mushrooms
and Avocado on Sourdough