

BREAKFAST MENU

Week Ending: 18th September 2010

MONDAY

Choice of Breakfast Cereals
Northiam Farm low fat Yoghurt
Basket of Fresh Fruit

Scrambled Egg topped with
Crispy Bacon, Potato Waffles

Wholemeal and White Toast
with Preserves
Chilled Fruit Juice
Tea / Coffee

WEDNESDAY

Choice of Breakfast Cereals
Northiam Farm low fat Yoghurt
Basket of Fresh Fruit

Pork Chipolatas, Black Pudding
Eggy Bread, Pan fried Mushrooms

Wholemeal and White Toast
with Preserves
Chilled Fruit Juice
Tea / Coffee

FRIDAY

Choice of Breakfast Cereals
Northiam Farm low fat Yoghurt
Basket of Fresh Fruit

Pain au Chocolate
Cook's Fruit Smoothie

Wholemeal and White Toast
with Preserves
Chilled Fruit Juice
Tea / Coffee

TUESDAY

Choice of Breakfast Cereals
Northiam Farm low fat Yoghurt
Basket of Fresh Fruit

Toasted Brioche Loaf
served with Strawberry Jam

Healthy Option
Orange Segments & Sliced Melon

Toast & Preserves
Chilled Fruit Juice
Tea / Coffee

THURSDAY

Choice of Breakfast Cereals
Northiam Farm low fat Yoghurt
Basket of Fresh Fruit

Toasted Panini
filled with Grilled Bacon,
sliced Tomato & Grated Cheese

Toast & Preserves
Chilled Fruit Juice
Tea / Coffee

SATURDAY

Choice of Breakfast Cereals
Northiam Farm low fat Yoghurt
Basket of Fresh Fruit

Chipolata Sausages, Fried Egg
Grilled Tomatoes and Mushrooms

Wholemeal & White Toast
with Preserves
Chilled Fruit Juice
Tea / Coffee

TONBRIDGE SCHOOL

