

Example Breakfast Club

Menu

Monday

- * Crumpets & low sugar strawberry jam
- * Fruit skewers
- * Low sugar and salt cereal

Tuesday

- * Bacon Sandwiches on Brown Toast (lean & grilled)
- * Fruit smoothies (made with fruit leftover from Monday)
- * Low sugar and salt cereal

Wednesday

- * Boiled eggs with soldiers
- * Fruit & low-fat yoghurt
- * Low sugar and salt cereal

Drinks served daily:

- * Water
- * Pure unsweetened fruit juice
- * Semi-skimmed milk

Thursday

- * Beans on Toast
- * Fruit salad (from a can in natural juices)
- * Low sugar and salt cereal

Friday

- * Porridge (made with semi-skimmed milk) with honey to sweeten
- * **Taster session fruit of the week—Mango!**
- * Low sugar and salt cereal

