



St Hilary's BREAKFAST MENU

Menu item	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week One	Baked Beans Gluten free porridge Wholemeal Toast Cereals and fruits	Crumpet bar with banana, unsalted margarine or scrambled egg Gluten free porridge Wholemeal toast Cereals and fruits	English breakfast muffin With Poached eggs or Avocado and tomato Gluten free porridge Cereals and fruits	Baked Beans/Scrambled egg Gluten free porridge Wholemeal toast Cereals and fruits	Baked Beans Gluten free porridge Wholemeal Toast Cereals and fruits
Week Two	Baked Beans Gluten free porridge Wholemeal Toast Cereals and fruits	Crumpet bar with banana, unsalted margarine or scrambled egg Gluten free porridge Wholemeal toast Cereals and fruits	English breakfast muffin With Poached eggs or Avocado and tomato Gluten free porridge Cereals and fruits	Baked Beans/Scrambled egg Gluten free porridge Wholemeal toast Cereals and fruits	Baked Beans Gluten free porridge Wholemeal Toast Cereals and fruits
Week Three	Baked Beans Gluten free porridge Wholemeal Toast Cereals and fruits	Crumpet bar with banana, unsalted margarine or scrambled egg Gluten free porridge Wholemeal toast/Cereals and fruits	English breakfast muffin With Poached eggs or Avocado and tomato Gluten free porridge Cereals and fruits	Baked Beans/Scrambled egg Gluten free porridge Wholemeal toast Cereals and fruits	Baked Beans Gluten free porridge Wholemeal Toast Cereals and fruits