

Break

All our ingredients are locally sourced and delivered fresh by local suppliers. Our eggs are free-range and Red Lion stamped, our fish is sustainably sourced and MSC approved and our meat is British Red Tractor accredited wherever possible.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Fresh
Fruit



Fresh
Smoothie

Break

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THE BAKERY	VEGAN ROLL	CHICKEN SAUSAGE ROLL	VEG SAMOSA	CHICKEN SAUSAGE, BEANS, TOAST	VEGAN ROLL
VEGETARIAN	CHEESE ON TOAST	GARLIC SLICE	BEAN & HASH BROWN POT	HASH BROWN TOAST	HASH BROWN
PASTRIES/ BAKERY	BELGIAN WAFFLE	JAM DONUT	CROISSANT	CHOCOLATE DONUT	WAFFLES/PANCAKES
	PIZZA BAGEL	BEANS ON TOAST	CHICKEN SAUSAGE	MELTED CHEESE BAP	FRENCH BREAD PIZZA
HOMEBAKES	FLAPJACK	FLAPJACK	FLAPJACK	FLAPJACK	FLAPJACK
GRAB N GO POTS	SELECTION OF FRUIT & DESSERT POTS	SELECTION OF FRUIT & DESSERT POTS	SELECTION OF FRUIT & DESSERT POTS	SELECTION OF FRUIT & DESSERT POTS	SELECTION OF FRUIT & DESSERT POTS



**Fresh
Fruit**



**Fresh
Smoothie**