



BREAKFAST MENU: W/C 3rd SEPTEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST DAILY	INSET	INSET	Selection of cereals or Honeyed oats	Selection of cereals or Yoghurt with red berries	Selection of cereals or Porridge
	INSET	INSET	Toast and preserves Fruit juice	Toast and preserves Fruit juice	Toast and preserves Fruit juice
BREAKFAST SPECIAL	INSET	INSET	Poached eggs on toasted English muffins	Grilled bacon fried eggs	Sweet waffles & maple syrup
	INSET	INSET	Selection of fruit & cold meat	Selection of fruit & cheese	Selection of fruit & cold meat



RYDES HILL

PREPARATORY SCHOOL & NURSERY

BREAKFAST MENU: W/C 10th SEPTEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST DAILY	Selection of cereals or Porridge	Selection of cereals or Banana shake	Selection of cereals or Porridge	Selection of cereals or Fruit smoothie	Selection of cereals or Porridge
	Toast and preserves Fruit juice	Toast and preserves Fruit juice	Toast and preserves Fruit juice	Toast and preserves Fruit juice	Toast and preserves Fruit juice
BREAKFAST SPECIAL	Baked omelettes	Grilled capped mushrooms filled with cheese & tomatoes	Bacon & poached egg	Sausages, fried egg & baked beans	Cheese toasties (veggie croc monsieur)
	Selection of fruit & cheese	Selection of fruit & cold meat	Selection of fruit & cheese	Selection of fruit & cold meat	Selection of fruit & cheese



RYDES HILL

PREPARATORY SCHOOL & NURSERY

BREAKFAST MENU: W/C 17TH SEPTEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST DAILY	Selection of cereals or Porridge	Selection of cereals or Danish	Selection of cereals or Porridge	Selection of cereals or Croissant	Selection of cereals or Porridge
	Toast and preserves Fruit juice	Toast and preserves Fruit juice	Toast and preserves Fruit juice	Toast and preserves Fruit juice	Toast and preserves Fruit juice
BREAKFAST SPECIAL	Baked beans on toast with a poached egg	Ham & cheese waffle stack	Hash browns, scrambled egg	Sausage & fried egg	Pain au chocolate
	Selection of fruit & cold meat	Selection of fruit & cheese	Selection of fruit & cold meat	Selection of fruit & cheese	Selection of fruit & cold meat



RYDES HILL

PREPARATORY SCHOOL & NURSERY

BREAKFAST MENU: W/C 24th SEPTEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST DAILY	Selection of cereals or Porridge	Selection of. cereals or Honey yoghurt pot	Selection of cereals or Honeyed oats	Selection of cereals or Yoghurt with red berries	Selection of cereals or Porridge
	Toast and preserves Fruit juice	Toast and preserves Fruit juice	Toast and preserves Fruit juice	Toast and preserves Fruit juice	Toast and preserves Fruit juice
BREAKFAST SPECIAL	Oven baked sausage scrambled egg	Baked beans on toast	Poached eggs on toasted English muffins	Grilled bacon fried eggs	Sweet waffles & maple syrup
	Selection of fruit & cold meat	Selection of fruit & cheese	Selection of fruit & cold meat	Selection of fruit & cheese	Selection of fruit & cold meat



BREAKFAST MENU: W/C 1ST OCTOBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST DAILY	Selection of cereals or Porridge	Selection of cereals or Banana shake	Selection of cereals or Porridge	Selection of cereals or Fruit smoothie	Selection of cereals or Porridge
	Toast and preserves Fruit juice	Toast and preserves Fruit juice	Toast and preserves Fruit juice	Toast and preserves Fruit juice	Toast and preserves Fruit juice
BREAKFAST SPECIAL	Baked omelettes	Grilled capped mushrooms filled with cheese & tomatoes	Bacon & poached egg	Sausages, fried egg & baked beans	Cheese toasties (veggie croc monsieur)
	Selection of fruit & cheese	Selection of fruit & cold meat	Selection of fruit & cheese	Selection of fruit & cold meat	Selection of fruit & cheese



RYDES HILL

PREPARATORY SCHOOL & NURSERY

BREAKFAST MENU: W/C 8TH OCTOBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST DAILY	Selection of cereals or Porridge	Selection of cereals or Danish	Selection of cereals or Porridge	Selection of cereals or Croissant	Selection of cereals or Porridge
	Toast and preserves Fruit juice	Toast and preserves Fruit juice	Toast and preserves Fruit juice	Toast and preserves Fruit juice	Toast and preserves Fruit juice
BREAKFAST SPECIAL	Baked beans on toast with a poached egg	Ham & cheese waffle stack	Hash browns, scrambled egg	Sausage & fried egg	Pain au chocolate
	Selection of fruit & cold meat	Selection of fruit & cheese	Selection of fruit & cold meat	Selection of fruit & cheese	Selection of fruit & cold meat