



# RYDES HILL

PREPARATORY SCHOOL & NURSERY

## BREAKFAST MENU: W/C 7<sup>th</sup> January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST DAILY	Inset	Selection of Cereals Or Honey yoghurt Pot	Selection of Cereals or Honeyed Oats	Selection of Cereals Or Granola	Selection of Cereals or Porridge
	Inset	Toast and Preserves Fruit juice	Toast and Preserves Fruit juice	Toast and Preserves Fruit juice	Toast and Preserves Fruit juice
BREAKFAST SPECIAL	Inset	Oven Baked Sausage & Scrambled Egg	Baked Beans on Toast	Grilled Bacon Fried Eggs	Pancakes & Maple Syrup
	Inset	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit



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## BREAKFAST MENU: W/C 14<sup>th</sup> January

	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	Melted Cheese on Toast	Sausage & Baked Beans	Grilled Bacon & Grilled Mushrooms	Cheese Toasties (Veggie Croc Monsieur)
	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit



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## BREAKFAST MENU: W/C 21<sup>st</sup> January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST DAILY	Selection of Cereals or Yoghurt & Honey Pot	Selection of Cereals or Porridge	Selection of Cereals or Danish	Selection of Cereals or Fruit pot	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	Hash Browns & Scrambled Egg	Ham & Cheese Waffle Stack	Baked Beans on Toast	Sausage & Fried Egg	Pain au Chocolate
	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit



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## BREAKFAST MENU: W/C 28<sup>th</sup> January

	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 Granola	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	Continental Breakfast	Oven Baked Sausage & Scrambled Egg	Baked Beans on Toast	Grilled Bacon Fried Eggs	Pancakes & Maple Syrup
	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit



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## BREAKFAST MENU: W/C 4<sup>th</sup> February

	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	Melted Cheese on Toast	Sausage & Baked Beans	Grilled Bacon & Grilled Mushrooms	Cheese Toasties (Veggie Croc Monsieur)
	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit



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## BREAKFAST MENU: W/C 11<sup>th</sup> February

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST DAILY	Selection of Cereals or Yoghurt & Honey Pot	Selection of Cereals or Porridge	Selection of Cereals or Danish	Selection of Cereals or Fruit pot	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	Hash Browns & Scrambled Egg	Ham & Cheese Waffle Stack	Baked Beans on Toast	Sausage & Fried Egg	Pain au Chocolate
	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit	Selection of Fruit