

Breakfast

Orange Juice

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Porridge

Corn Flakes Rice Krispies

Muesli Weetabix

Coco Pops Fruit and Fibre

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Bacon, Egg, Sausage, Hash Brown & Tomato

Scrambled Egg & Bacon

Poached Egg on Toast

Grilled Kippers

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Toast and Marmalade

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Tea or Coffee