



Breakfast club menu

Monday	Tuesday	Wednesday	Thursday	Friday
-Wholemeal toast -Low-sugar wholegrain cereal (<5g sugar per 100g) Rice crispies, Weetabix, porridge	-Wholemeal toast -Low-sugar wholegrain cereal (<5g sugar per 100g) Rice crispies, Weetabix, porridge	-Wholemeal toast -Low-sugar wholegrain cereal (<5g sugar per 100g) Rice crispies, Weetabix, porridge	-Wholemeal toast -Low-sugar wholegrain cereal (<5g sugar per 100g) Rice crispies, Weetabix, porridge	-Wholegrain crumpets -Reduced-sugar fruit spread (max 1 tsp portion)
Fruit: Apple slices, bananas, oranges, grapes	Fruit: Apple slices, bananas, oranges, grapes	Fruit: Apple slices, bananas, oranges, grapes	Fruit: Apple slices, bananas, oranges, grapes	Fruit: Apple slices, bananas, oranges, grapes
Diary: Plain yoghurt	Diary: Plain yoghurt	Diary: Plain yoghurt	Diary: Plain yoghurt	Diary: Plain yoghurt
Drink: Milk or water	Drink: Milk or water	Drink: Milk or water	Drink: Milk or water	Drink: Milk or water

Not Included (to ensure compliance)

- No pastries, croissants, or fried bread
- No processed meats (e.g. sausages, bacon, ham)
- No added sugar or chocolate spreads
- No fruit juice, smoothies, or sugary drinks
- No cereal bars or confectionery