

Breakfast

<i>Weeks 1-7</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Hydration</i>	Lemon & Lime Water	Cucumber & Mint water	Lemon & Lime Water	Cucumber & Mint water	Lemon & Lime Water	Cucumber & Mint water	Lemon & Lime Water
<i>Hot items</i>	Grilled back bacon Fried egg Sauté potato Baked beans, Pan au Chocolate Croissants	Grilled back bacon Fried egg Sauté potato Baked beans, Pan au Chocolate Croissants	Grilled back bacon Fried egg Sauté potato Baked beans, Pan au Chocolate Croissants	Grilled back bacon Fried egg Sauté potato Baked beans, Pan au Chocolate Croissants	Grilled back bacon Fried egg Sauté potato Baked beans, Pan au Chocolate Croissants	Grilled back bacon Fried egg Sauté potato Baked beans, Pan au Chocolate Croissants	Brunch : Bacon Sausage Eggs Baked beans, Mushrooms Hash browns Black pudding
<i>Special of the day</i>	Check board for special of the day	Check board for special of the day	Check board for special of the day	Check board for special of the day	Check board for special of the day	Check board for special of the day	Selection of pastries
<i>Daily breakfast items</i>	Porridge station Cereal bar Yoghurt station Toast & preserves	Porridge station Cereal bar Yoghurt station Toast & preserves	Porridge station Cereal bar Yoghurt station Toast & preserves	Porridge station Cereal bar Yoghurt station Toast & preserves	Porridge station Cereal bar Yoghurt station Toast & preserves	Porridge station Cereal bar Yoghurt station Toast & preserves	Porridge station Cereal bar Yoghurt station Toast & preserves

A selection of whole & cut seasonal fruits everyday.

