



FRIERN BARNET SCHOOL

BREAKFAST

APRIL 2023 – OCTOBER 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Drinks	Hot Chocolate Banana & Berry Smoothie	Hot Chocolate Banana & Date Smoothie	Hot Chocolate Banana & Berry Smoothie	Hot Chocolate Pineapple Oaty Thick Smoothie	Hot Chocolate Banana & Berry Smoothie
Porridge	Alpro Porridge Banana & Honey Porridge	Alpro Porridge Banana & Honey Porridge	Alpro Porridge Banana & Honey Porridge	Alpro Porridge Banana & Honey Porridge	Alpro Porridge Banana & Honey Porridge
Cereal with fresh milk	Rice Krispies Cornflakes	Rice Krispies Cornflakes	Rice Krispies Cornflakes	Rice Krispies Cornflakes	Rice Krispies Cornflakes
Toast with spread & Jam	Bread or Bloomer with Spread & Jam	Bread or Bloomer with Spread & Jam	Bread or Bloomer with Spread & Jam	Bread or Bloomer with Spread & Jam	Bread or Bloomer with Spread & Jam
Breakfast Snack	Bacon & Baked Beans Bap	Scrambled Egg & Baked Bean Bap	Big Breakfast Wrap Over	Bacon Bap	Cheese on Toast
Breakfast Pot	Egg & Baked Beans or Hash Browns	Cheese & Baked Beans	Egg & Baked Beans	Cheese & Baked Beans	Quorn Sausage Bap
Fresh Cold Selection	Fresh Fruit Salad, Jelly, Yoghurt, Fresh Fruit				



WHITEFIELD SCHOOL

MID MORNING BREAK

APRIL 2023 – OCTOBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1				
Roasted Vegetable & Feta Wrap	Ham & Cheese or Cheese Panini	Cajun Chicken Wrap	Tuna & Cheese Panini	Roast Vegetable Panini
Margherita Pizza	Sausage Breakfast Wrap	Margherita Pizza	Cheese, Red Onion & Tomato Toastie	Margherita Pizza
Pesto Pasta Pot	Tomato Pasta Pot	Pesto Pasta Pot	Tomato Pasta Pot	Pesto Pasta Pot
Veg Chilli Potato Wedges	BBQ Chicken Wings	Cheese Topped Wedges	Garlic & Lemon Chicken Wings	Veg Chilli Potato Wedges
WEEK 2				
Roast Vegetable Panini	Cheese & Tomato Panini	Tuna & Cheese Panini	BBQ Chicken Panini	Roasted Vegetable & Feta Wrap
Margherita Pizza	Sausage Breakfast Wrap	Margherita Pizza	Waffle	Margherita Pizza
Pesto Pasta Pot	Tomato Pasta Pot	Pesto Pasta Pot	Tomato Pasta Pot	Pesto Pasta Pot
Veg Chilli Potato Wedges	Greek Chicken Wings	Cheese Topped Wedges	Sweet Chilli Chicken Wings	Cheese Topped Wedges
WEEK 3				
Spicy Vegetable Panini	Tuna & Cheese Panini	Chicken Tikka Panini	Cheese & Red Onion Panini	Spicy Quorn Panini
Margherita Pizza	Sausage Breakfast Wrap	Margherita Pizza	Roasted Vegetable & Feta Wrap	Margherita Pizza
Pesto Pasta Pot	Tomato Pasta Pot	Pesto Pasta Pot	Tomato Pasta Pot	Pesto Pasta Pot
Cheese Topped Wedges	Tandoori Chicken Wings	Cheese Topped Wedges	Cajun Chicken Wings	Veg Chilli Potato Wedges