NEW WAVE FEDERATION BREAKFAST CLUB AND OUR SPACE MENU

BREAKFAST CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal - Weetabix, Rice Krispies, Cornflakes	Cereal - Weetabix, Rice Krispies, Cornflakes	Cereal - Weetabix, Rice Krispies, Cornflakes	Cereal - Weetabix, Rice Krispies, Cornflakes	Cereal - Weetabix, Rice Krispies, Cornflakes
Granola Topped Fruity Yoghurt	Belgian Waffles with Honey & Bananas	Reduced Salt & Sugar Baked Beans on Wholemeal Toast	Pancakes with a filling of the day	Free Range Scrambled Eggs with Reduced Salt & Sugar Baked Beans
Fruit Bowl	Fruit Bowl	Fruit Bowl	Fruit Bowl	Fruit Bowl
Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

OUR SPACE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wholemeal Pitta Pockets with a choice of Smashing Peas, Grated Cheese or Tuna Mayo Filling and Carrot & Cucumber Sticks	lacket Potate with a Variety of	Cheese & Tomato Wholemeal Pasta Bake with Garden Peas	Spanish Omelette with Mixed Leaf Salad	Picnic Friday with a Selection of Sandwiches and Vegetable Sticks

Breakfast Club

Our Space





The QR codes can be read by any barcode scanner App or camera on your smart phone to access the allergen and nutritional data.

ASHLYNS
High Laver Hall, Ongar, Essex, CM5 0DU
Tel: 01277 890411/821 Fax: 0871 431 0608
E-mail: info@ashlyns.co.uk www.ashlyns.co.uk