

SAMPLE BUTTERY BREAKFAST

Week Ending:

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>The Full English</u> Bacon Sausage Vegetarian Sausage Baked Beans Mushroom Fried Egg Tomatoes Hash Brown</p>	<p><u>The Full English</u> Bacon Sausage Vegetarian Sausage Baked Beans Mushroom Scrambled Egg Tomatoes Hash Brown</p>	<p><u>The Full English</u> Bacon Sausage Vegetarian Sausage Baked Beans Mushroom Poached Egg Tomatoes Hash Brown</p>	<p><u>The Full English</u> Bacon Sausage Vegetarian Sausage Baked Beans Mushroom Fried Egg Tomatoes Hash Brown</p>	<p><u>The Full English</u> Bacon Sausage Vegetarian Sausage Baked Beans Mushroom Fried Egg Tomatoes Hash Brown</p>
<p>Buttermilk Pancakes(2) with Crispy Bacon and Syrup £</p>	<p>Scrambled Egg and Smoked Salmon £</p>	<p>Eggs Florentine £</p>	<p>Bacon and Cheese Filled Croissant £</p>	<p>Sausage and Egg Muffin £</p>
<p>Thick Cut Toast Freshly Baked Pastries Flowerpot Muffins</p>	<p>Thick Cut Toast Freshly Baked Pastries Flowerpot Muffins</p>	<p>Thick Cut Toast Freshly Baked Pastries Flowerpot Muffins</p>	<p>Thick Cut Toast Freshly Baked Pastries Flowerpot Muffins</p>	<p>Thick Cut Toast Freshly Baked Pastries Flowerpot Muffins</p>
<p><u>Available Daily</u> Yogurt and Granola Freshly Made Smoothie Porridge</p>				

Food Labelling (Amendment) Regulations 2004 and 2008. We do not use Genetically Modified Maize or Soya in any of our dishes.

ALLERGIES – Some of our menu items contain allergenic ingredients such as nuts. There is a small risk that tiny traces of these may be in any other dish or food served here.

We understand the dangers to those with severe allergies. Please speak to a member of service staff who may be able to help you make an alternative choice.

INGREDIENTS - Dishes are prepared daily using as many fresh ingredients as possible, to provide an enjoyable and nutritious selection of dishes. A vegetarian option is always available. The College holds Fairtrade Status and we aim, where possible, for all of our produce to come from local, sustainable sources. We use vegetable oil for frying, 100% extra virgin olive oil and Lo Salt with reduced salt content. The addition of sugar to dishes is controlled to the extent of not compromising taste.