

MID-MORNING BREAK

HOT TO GO	Spinach and Egg Muffin  Sausage and Cheese Muffin Margherita Bagel Pizza  Cheese Panini  Bacon Roll Bacon Sandwich Garlic and Lemon Chicken Wings BBQ Chicken Wings Spicy Piri Piri Chicken Wings Pancake  Waffle 	PRETZELS Chocolate Coconut Pretzel  Cinnamon Pretzel  Cheesy BBQ Pretzel 
FRUIT BASED	Pineapple Pot   Grape Pot   Granola Yoghurt and Berry Compote    	AVAILABLE DAILY Bananas, Apples and Oranges 
SANDWICHES & BAGUETTES	Ham Tuna Mayo Cheese and Tomato  Toast with Spread   Toasted Crumpet 	CHOOSE FROM White or Brown Bread 
HEALTHY	Berry and Vanilla Oat Smoothie   Cinnamon and Vanilla Oat Smoothie   Pineapple and Spinach Smoothie  	CORN POTS Chipotle Corn Pot  BBQ Corn Pot 
SALAD POTS	Indian Chickpea   Pesto Pasta    Tuna and Sweetcorn Pasta  Greek Salad 	CRUDITES Carrots and Houmous   Cucumber and Houmous  