



Cottesmore St Mary

Breakfast Club Menu



A selection of wholewheat cereals:

Shreddies, Shredded Wheat, Weetabix, Cheerios and Porridge

Gluten free cereals:

Rice Krispies and Corn flakes

Served with semi-skimmed milk

Granary/ Wholemeal toast/ Gluten free bread

Wholemeal muffins served with:

Butter or Margarine

Jam, Marmite and Honey

Scrambled eggs and baked beans

A selection of fresh fruit

Yoghurt/ Fromage frais

**Drinks: Unsweetened diluted fruit juice,
semi-skimmed milk and water**