



Townsend Primary School – Breakfast Club Menu 2019

Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheerios with cold milk	Overnight porridge oats and Fruit	Weetabix and Fruit	Toast with low fat spread	Warm Croissant with cheese and/or ham
Option 2	Granola with Milk	Fruit and Yoghurt	Beans on Toast	Low fat Greek yoghurt and fresh fruit	Fruit and Yoghurt
Drink	Warm Milk	Fruit Smoothie	No added sugar squash	Water	Hot Chocolate
Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Weetabix and Fruit	Fruit Muesli	Toast with bananas	Porridge with Fruit	Muffins plain or with melted cheese
Option 2	Toasted cheese sandwich	Low fat Greek yoghurt and fresh fruit	Cheerios with cold milk	Fruit and Yoghurt	Fruit and Yoghurt
Drink	Warm milk	Water	Fruit smoothie	No added sugar squash	Hot Chocolate
Week 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Fruit Muesli	Weetabix and Fruit	Granola with Milk	Porridge with Fruit/ Overnight porridge oats and Fruit	Warm bagel with cheese and ham
Option 2	Fruit and Yoghurt	Toast with low fat spread	Low fat Greek yoghurt and fresh fruit	Toast with jam	Fruit and Yoghurt
Drink	Water	Warm Milk	No added sugar squash	Fruit Smoothie	Hot Chocolate