


## Glenstal Abbey School – Sample Breakfast Menu

 Glenstal Abbey SCHOOL	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Everyday...</b>	cereals	cereals	cereals	cereals	cereals	cereals	cereals
<b>Everyday...</b>	Yoghurt bar with toppings	Yoghurt bar with toppings	Yoghurt bar with toppings	Yoghurt bar with toppings	Yoghurt bar with toppings	Yoghurt bar with toppings	Yoghurt bar with toppings
<b>Everyday...</b>	Porridge bar	Porridge bar	Porridge bar	Porridge bar	Porridge bar	Porridge bar	Porridge bar
<b>Hot choice ... Irish choice</b>	Boiled egg	Hash brown with beans	Black pudding and poached egg	Tomato Scrambled egg	Sausage Bap	Black pudding, sausage & poached egg	Rasher, egg Hash brown Beans
<b>Hot Choice... World Special</b>	French toast with fruit compote	Cheesy dreams	Bircher muesli bar apple & banana	Oatmeal Pancakes with warm chocolate Nutella sauce	Spanish chorizo skillet eggs	Ham & cheese croissant	
<b>Juices...</b>	Orange Apple	Mixed Berry Chocolate milk	Orange Tropical	pineapple Berry and apple	Apple Cranberry	Orange Mixed berry	Tropical Cranberry
<b>IF YOU HAVE A FOOD ALLERGY OR INTOLERANCE PLEASE ASK OUR STAFF FOR INFORMATION</b>							