

# MID-MORNING BREAK

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| <p><b>BREAKFAST</b></p>                  | <p>Spinach and Egg Muffin    Pork Pattie Muffin<br/>Bacon Roll   Crumpet   Toast </p>   |
| <p><b>FRUIT BASED</b></p>                | <p>Pineapple Pot  <br/>Mixed Fruit Pot  <br/>Granola Yoghurt and Berry Compote   </p>  |
| <p><b>SANDWICHES &amp; BAGUETTES</b></p> | <p>Ham Salad   Cheese    Chicken Tikka<br/>Tuna Mayo    BLT   Bacon</p>   |
| <p><b>HOT GRAB &amp; GO</b></p>          | <p>Margherita Bagel Pizza     Panini   Cheese &amp; Bean<br/>Toastie   Ham &amp; Cheese Pitta Pocket<br/>Garlic &amp; Lemon Chicken Wings    BBQ Chicken Wings <br/>Spicy Piri Piri Chicken Wings </p>  |
| <p><b>SALAD POTS</b></p>                 | <p>Indian Chickpea     Pesto Pasta   <br/>Tuna and Sweetcorn Pasta  </p> |

**NEW**  
Cheesy BBQ Pretzel 

**AVAILABLE DAILY**  
Bananas, Apples and Oranges  

**CHOOSE FROM**  
White or Brown Bread 

**NEW**  
BBQ Corn Pot 