

Mid Morning Break Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Bloomer Toast	Bloomer Toast	Bloomer Toast	Bloomer Toast	Bloomer Toast
Breakfast Wrap	Breakfast Wrap	Breakfast Wrap	Breakfast Wrap	Breakfast Wrap
5 Bean Shaker Salad	Tuna Sweetcorn Pasta Pot	Free range Egg Salad Pot	Tomato & Herb Pasta Pot	Chicken & Sweetcorn Pasta Pot
BBQ Chicken Wings	Hot Breakfast Pot	Sweet Chilli Chicken Noodle Pot	Mexican Chicken Rice Pot	Chicken Tikka Naan
Fresh Fruit Pots	Fresh Fruit Pots	Fresh Fruit Pots	Fresh Fruit Pots	Fresh Fruit Pots
Free Fresh Whole Fruit for Pupils	Free Fresh Whole Fruit for Pupils	Free Fresh Whole Fruit for Pupils	Free Fresh Whole Fruit for Pupils	Free Fresh Whole Fruit for Pupils

Mid Morning Break Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Bloomer Toast	Bloomer Toast	Bloomer Toast	Bloomer Toast	Bloomer Toast
Breakfast Wrap	Breakfast Wrap	Breakfast Wrap	Breakfast Wrap	Breakfast Wrap
Falafel, Couscous & Yoghurt Pot	Chicken & Sweetcorn Pasta Pot	Spiced Couscous Pot	Tomato & Herb Pasta Pot	Layered cheddar Cheese Shaker
Sweet Chilli Chicken Wings	Hot Breakfast Pot	Caribbean Chicken Pot	Potato & Chick Pea Rice Pot	Chicken Tikka Naan
Fresh Fruit Pots	Fresh Fruit Pots	Fresh Fruit Pots	Fresh Fruit Pots	Fresh Fruit Pots
Free Fresh Whole Fruit for Pupils	Free Fresh Whole Fruit for Pupils	Free Fresh Whole Fruit for Pupils	Free Fresh Whole Fruit for Pupils	Free Fresh Whole Fruit for Pupils

Mid Morning Break Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Bloomer Toast	Bloomer Toast	Bloomer Toast	Bloomer Toast	Bloomer Toast
Breakfast Wrap	Breakfast Wrap	Breakfast Wrap	Breakfast Wrap	Breakfast Wrap
Fajita Bean Salad Pot	Lemon Thyme Chicken Couscous Pot	Yoghurt and granola pots	Italian Pasta Salad Pot	Falafel couscous & yoghurt pot
Tomato Salsa Rice Pot	BBQ Chicken Mash Pot	Arrabbiata Noodle Pot	Sweet Chilli Chicken Wings	Chicken Tikka Naan
Fresh Fruit Pots	Fresh Fruit Pots	Fresh Fruit Pots	Fresh Fruit Pots	Fresh Fruit Pots
Free Fresh Whole Fruit for Pupils	Free Fresh Whole Fruit for Pupils	Free Fresh Whole Fruit for Pupils	Free Fresh Whole Fruit for Pupils	Free Fresh Whole Fruit for Pupils