



3.021 Sample Menus Breakfasts

Example 1

Juice
Porridge
Bacon
Bread, butter, marmalade
Drink

Example 2

Juice
Cold Cereal
Egg & Bacon
Bread, butter, marmalade
Drink

Example 3

Grapefruit
Prunes & cereal
Eggs
Bread, butter, marmalade
Drink

Example 4

Oranges
Breakfast sausage
Bread, butter, marmalade
Drink

Example 5

Oranges
Porridge
Fried sausages
Bread, butter, marmalade
Drink

Example 6

Juice
Baked beans on toast
Bread, butter, marmalade
Drink

Example 7

Juice
Cereal
Bacon, fresh pineapple
Bread, butter, marmalade
Drink

Example 8

Juice
French toast & syrup
Toast, jam
Drink