NEW WAVE FEDERATION BREAKFAST CLUB AND OUR SPACE MENU

Dairy Free Milk available at all times

BREAKFAST CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal - Weetabix, Rice Krispies, Cornflakes.	Cereal - Weetabix, Rice Krispies, Cornflakes.			
Toast & Spread (Ve)	Toast & Spread (Ve)			
Fruit Topped Yoghurt (V) + (VA)	Potato Waffles with Baked Beans (Ve)	Cheese on Wholemeal Toast (V) + (VA)	Planet Friendly Pancakes with Fruit & Maple Syrup (Ve)	Hash Browns, Sausage and Baked Beans (Ve)
Fruit Bowl	Fruit Bowl	Fruit Bowl	Fruit Bowl	Fruit Bowl
Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

OUR SPACE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wholemeal Pitta Pockets with a choice of Smashing Peas, Grated Cheese or Tuna Mayo Filling and Carrot & Cucumber Sticks (VA)	Vegan Boote Boote with Mixed	Jacket Potatoes with a variety of fillings (VA)	Healthy Pizza with Vegetable Toppings served with a Sweetcorn Salsa Salad (VA)	Picnic Friday with a Selection of Sandwiches including Vegan BLT served with Vegetable Sticks (VA)

Vegetarian = (V), Vegan = (Ve), Vegan Alternative Available = (VA).

Breakfast Club

Our Space





The QR codes can be read by any barcode scanner App or camera on your smart phone to access the allergen and nutritional data.

ASHLYNS High Laver Hall, Ongar, Essex, CM5 0DU Tel: 01277 890411/821 Fax: 0871 431 0608 E-mail: info@ashlyns.co.uk www.ashlyns.co.uk