



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--|--|--|--|--|
| REFUEL - SWEET | Waffles with chocolate sauce | American pancakes with syrup | Waffles with chocolate sauce | American pancakes with syrup | Waffles with chocolate sauce |
| REFUEL - SAVOURY | Melted brie and onion jam open English muffin | Butcher's pork sausage breakfast muffin | Smashed avocado tomato salsa and wild rocket open English muffin | British grilled bacon and egg open English muffin | Scrambled egg, baby spinach and pancetta open English muffin |
| RECOVER | Croissant, pain au chocolate, pain au raisin, pretzels, muffin selection | Croissant, pain au chocolate, pain au raisin, pretzels, muffin selection | Croissant, pain au chocolate, pain au raisin, pretzels, muffin selection | Croissant, pain au chocolate, pain au raisin, pretzels, muffin selection | Croissant, pain au chocolate, pain au raisin, pretzels, muffin selection |
| RETREAT | Healthy retail selection, proper corn, lentil chips, baked crisps, protein bar | Healthy retail selection, proper corn, lentil chips, baked crisps, protein bar | Healthy retail selection, proper corn, lentil chips, baked crisps, protein bar | Healthy retail selection, proper corn, lentil chips, baked crisps, protein bar | Healthy retail selection, proper corn, lentil chips, baked crisps, protein bar |
| REVITALISE | Daily fresh cut fruit pot / whole fruit selection / flavoured yoghurt pot | Daily fresh cut fruit pot / whole fruit selection / flavoured yoghurt pot | Daily fresh cut fruit pot / whole fruit selection / flavoured yoghurt pot | Daily fresh cut fruit pot / whole fruit selection / flavoured yoghurt pot | Daily fresh cut fruit pot / whole fruit selection / flavoured yoghurt pot |



