



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REFUEL - SWEET	Waffles with topping selection Muffin selection	American pancakes with syrup Fruity flapjack	Waffles with topping selection Muffin selection	American pancakes with syrup Fruity flapjack	Waffles with topping selection Muffin selection
REFUEL - SAVOURY	Chicken or avocado with melted cheese and rocket open panini	British grilled bacon or Mediterranean pesto vegetable breakfast muffin	Cured ham and / or sunblushed tomato and mozzarella open panini	Butchers pork or proper vegetarian sausage breakfast muffin	Barbeque chicken or tomato and cheese margherita wholemeal pizza pita
RECOVER	Croissant, pain au chocolate, raisin and custard swirl, giant cookie	Croissant, pain au chocolate, raisin and custard swirl, giant cookie	Croissant, pain au chocolate, raisin and custard swirl, giant cookie	Croissant, pain au chocolate, raisin and custard swirl, giant cookie	Croissant, pain au chocolate, raisin and custard swirl, giant cookie
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

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS