



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

REFUEL - SWEET

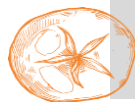
Waffles with topping

American pancakes
with syrup

Waffles with topping

American pancakes
with syrup

Waffles with topping

**REFUEL - SAVOURY**Creamy chicken and
mushroom pastyRoasted vegetable
quicheClassic sausage or
vegetarian rollCheese and onion
slicePepperoni, tomato
and cheese pizza**RECOVER**Croissant, pain au
chocolate, raisin &
custard swirl, giant
cookieCroissant, pain au
chocolate, raisin &
custard swirl, giant
cookieCroissant, pain au
chocolate, raisin &
custard swirl, giant
cookieCroissant, pain au
chocolate, raisin &
custard swirl, giant
cookieCroissant, pain au
chocolate, raisin &
custard swirl, giant
cookie**RETREAT**Healthy retail
selection – proper
corn, lentil chips,
baked crisps, protein
barsHealthy retail
selection – proper
corn, lentil chips,
baked crisps, protein
barsHealthy retail
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corn, lentil chips,
baked crisps, protein
barsHealthy retail
selection – proper
corn, lentil chips,
baked crisps, protein
barsHealthy retail
selection – proper
corn, lentil chips,
baked crisps, protein
bars**REVITALISE**Daily fresh cut fruit
pot / whole fruit
selection / flavoured
yoghurt potDaily fresh cut fruit
pot / whole fruit
selection / flavoured
yoghurt potDaily fresh cut fruit
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yoghurt pot

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS