



NOTTINGHAM  
FREE SCHOOL

# Morning Break Menu

MONDAY

Bacon Cob  
Toast  
Toasted Muffin, Teacake or Crumpet

**DRINKS AVAILABLE DAILY INCLUDE**

Fruit Juice, Water , Aqua Juice  
Milk And Milkshakes

**COLD SELECTION**

Yoghurt  
Fruit Pot  
Fresh Fruit

TUESDAY

Cheese on Toast  
Toast  
Toasted Muffin, Teacake or Crumpet

**DRINKS AVAILABLE DAILY INCLUDE**

Fruit Juice, Water , Aqua Juice  
Milk And Milkshake

**COLD SELECTION**

Yoghurt  
Fruit Pot  
Fresh Fruit

WEDNESDAY

Bacon Cob  
Toast  
Toasted Muffin, Teacake or Crumpet

**DRINKS AVAILABLE DAILY INCLUDE**

Fruit Juice, Water , Aqua Juice  
Milk And Milkshake

**COLD SELECTION**

Yoghurt  
Fruit Pot  
Fresh Fruit

THURSDAY

Cheese on Toast  
Toast  
Toasted Muffin, Teacake or Crumpet

**DRINKS AVAILABLE DAILY INCLUDE**

Fruit Juice, Water , Aqua Juice  
Milk And Milkshake

**COLD SELECTION**

Yoghurt  
Fruit Pot  
Fresh Fruit

FRIDAY

Toasted Bagel  
Toast  
Toasted Muffin, Teacake or Crumpet

**DRINKS AVAILABLE DAILY INCLUDE**

Fruit Juice, Water , Aqua Juice  
Milk And Milkshake

**COLD SELECTION**

Yoghurt  
Fruit Pot  
Fresh Fruit  
Cookie or Flapjack

**PLEASE SPEAK TO A MEMBER OF OUR CATERING TEAM FOR ANY ALLERGEN ADVICE**