

Rickleton Plus Breakfast Menu

Monday	Toast with 50/50 Bread	Choice of Cereals	Tinned Pineapple	Yogurt	Coco Pops cereal bar	Milk or water
Tuesday	Crumpet	Choice of Cereals	Watermelon	Yogurt	Rice Crispies Cereal bar	Apple Juice or Water
Wednesday	Plain or Cinnamon Bagel	Choice of Cereals	Raisins	Yogurt	Frosties Cereal Bar	Orange Juice or Water
Thursday	Pancake	Choice of Cereal	Tinned Oranges	Yogurts	Alpen Cereal Bar	Strawberry Milkshake
Friday	Toast with Jam	Choice of Cereal	Choice of Fresh Fruit	Yogurts	Choice of Cereal Bars	Chocolate Milkshake