

# MID MORNING BREAK

## FRESH & COOL

Pineapple  
Pot

Grape  
Pot

Granola, Yoghurt  
& Berry Compote

Peaches, Granola  
& Yoghurt

Cucumber Sticks  
with Houmous

Carrot Sticks  
with Houmous

## HEARTY & HOT

Bacon & Egg  
English Muffin

Spinach & Egg  
English Muffin

Margherita  
Bagel Pizza

Cheese Panini

Pesto Pasta

Waffle

Toast with Spread

## SIMPLE & TASTY

Cheese &  
Ham Sandwich

Chicken Mayo  
Sandwich

Cheese  
Sandwich

Ham  
Baguette

Tuna Mayo  
Baguette

Cheese & Tomato  
Baguette



Fruity!



Nutritionist's Choice



Vegetarian



Oily Fish



Wholegrain



Halal