

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

Morning Break

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Refuel	Sausage Roll	Cheese & Tomato Panini	Halloumi Bap	Rosti	Waffles
Retreat	Pastries – Pain au choc, croissant, chocolate twist, Danish	Pastries – Pain au choc, croissant, chocolate twist, Danish	Pastries – Pain au choc, croissant, chocolate twist, Danish	Pastries – Pain au choc, croissant, chocolate twist, Danish	Pastries – Pain au choc, croissant, chocolate twist, Danish
	Freshly baked daily cookie	Freshly baked daily cookie	Freshly baked daily cookie	Freshly baked daily cookie	Freshly baked daily cookie
Recover & revitalize	Selection of whole & cut fruit				
	Healthy retail selection – proper corn, lentil chips, baked crisps, protein bars				

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FEEDING INDEPENDENT MINDS

Morning Break

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Refuel	Spring Roll	Ham & Cheese toastie	Bacon Bap	Cheese & Tomato Turnover	Pancakes
Retreat	Pastries – Pain au choc, croissant, chocolate twist, Danish	Pastries – Pain au choc, croissant, chocolate twist, Danish	Pastries – Pain au choc, croissant, chocolate twist, Danish	Pastries – Pain au choc, croissant, chocolate twist, Danish	Pastries – Pain au choc, croissant, chocolate twist, Danish
	Freshly baked daily cookie	Freshly baked daily cookie	Freshly baked daily cookie	Freshly baked daily cookie	Freshly baked daily cookie
Recover & revitalize	Selection of whole & cut fruit Healthy retail selection – proper corn, lentil chips, baked crisps, protein bars				

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Morning Break

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Refuel	Ciabatta Pizza	Tuna melt Bagel	Sausage Bap	Samosa	Crepes
Retreat	Pastries – Pain au choc, croissant, chocolate twist, Danish	Pastries – Pain au choc, croissant, chocolate twist, Danish	Pastries – Pain au choc, croissant, chocolate twist, Danish	Pastries – Pain au choc, croissant, chocolate twist, Danish	Pastries – Pain au choc, croissant, chocolate twist, Danish
	Freshly baked daily cookie	Freshly baked daily cookie	Freshly baked daily cookie	Freshly baked daily cookie	Freshly baked daily cookie
Recover & revitalize	Selection of whole & cut fruit				
	Healthy retail selection – proper corn, lentil chips, baked crisps, protein bars				