



# LOUGHBOROUGH Amherst School

## Breakfast Menu

Served from 08:00 to 08:30 in the Refectory

### Foods to fuel you through the day ...

**Breads:** A selection of rolls and sliced bread

Slice of Bread / Toast                      **30p**

Morning Roll                                      **50p**

English Muffin                                   **50p**

Bagel    **50p**

Butter portion 10p, Additional Sauce portion 10p, Jam 15p

**Potato:** Hash Brown                           **50p**

**Porridge:** Made with semi-Skimmed Milk and gluten free oats   **75p**

**Cereal:** A selection of popular cereal boxes   **75p**

**Milk:** Poly-bottle 250ml                    **75p**

**Croissant / Pain au Chocolat**              **90p**

### Foods to help your body repair ...

**Greek yogurt** with nut free granola and fruit berries                      **75p**

**Flavoured yogurt pots**    **75p**

**Tubes of flavoured yogurt**    **35p**

**Eggs** steamed or poached                      **50p**

**Pork Sausage**    **50p**

**Slice of Bacon**    **50p**

**Quorn Sausage / Pattie**    **50p**

**Breakfast Bap:** A morning roll with any two of the above items   **£1.50**

Bacon, Lettuce & Tomato Bap   **£2.00**

### Foods to help support and protect you ...

Whole fruit from                                      **50p**

Sliced fruit from                                      **75p**

Mushrooms / Spinach etc.                      **50p**

### Hot drinks to refresh & hydrate ...

Tea    **60p**

Coffee    **60p**

Hot Chocolate    **60p**