

# Breakfast Menu



Royal Free London  
NHS Foundation Trust

## Monday

### Beverages

**Fruit Juices**  
**Fresh Milk**  
(Full Cream/Semi/  
Skimmed)

### Bread

**White**  
**Wholemeal**  
**Teacakes**

### Cereal

**Selection of**  
**Cereals**  
(including  
Porridge, Granola)

### Preserves

**Marmalade**  
**Butter**  
**Low Fat Spread**  
**Jam**  
**Honey**

### Hot Drinks

**Tea**  
**Coffee**  
**Hot Chocolate**

## Tuesday

### Beverages

**Fruit Juices**  
**Fresh Milk**  
(Full Cream/Semi/  
Skimmed)

### Bread

**White**  
**Wholemeal**  
**Crumpets**

### Cereal

**Selection of**  
**Cereals**  
(including  
Porridge, Granola)

### Preserves

**Marmalade**  
**Butter**  
**Low Fat Spread**  
**Jam**  
**Honey**

### Hot Drinks

**Tea**  
**Coffee**  
**Hot Chocolate**

## Wednesday

### Beverages

**Fruit Juices**  
**Fresh Milk**  
(Full Cream/Semi/  
Skimmed)

### Bread

**White**  
**Wholemeal**  
**Assorted Rolls**

### Cereal

**Selection of**  
**Cereals**  
(including  
Porridge, Granola)

### Preserves

**Marmalade**  
**Butter**  
**Low Fat Spread**  
**Jam**  
**Honey**

### Hot Drinks

**Tea**  
**Coffee**  
**Hot Chocolate**

## Thursday

### Beverages

**Fruit Juices**  
**Fresh Milk**  
(Full Cream/Semi/  
Skimmed)

### Bread

**White**  
**Wholemeal**  
**Teacakes**

### Cereal

**Selection of**  
**Cereals**  
(including  
Porridge, Granola)

### Preserves

**Marmalade**  
**Butter**  
**Low Fat Spread**  
**Jam**  
**Honey**

### Hot Drinks

**Tea**  
**Coffee**  
**Hot Chocolate**

## Friday

### Beverages

**Fruit Juices**  
**Fresh Milk**  
(Full Cream/Semi/  
Skimmed)

### Bread

**White**  
**Wholemeal**  
**Assorted Rolls**

### Cereal

**Selection of**  
**Cereals**  
(including  
Porridge, Granola)

### Preserves

**Marmalade**  
**Butter**  
**Low Fat Spread**  
**Jam**  
**Honey**

### Hot Drinks

**Tea**  
**Coffee**  
**Hot Chocolate**

## Saturday

### Beverages

**Fruit Juices**  
**Fresh Milk**  
(Full Cream/Semi/  
Skimmed)

### Bread

**White**  
**Wholemeal**  
**Bagels**

### Cereal

**Selection of**  
**Cereals**  
(including  
Porridge, Granola)

### Preserves

**Marmalade**  
**Butter**  
**Low Fat Spread**  
**Jam**  
**Honey**

### Hot Drinks

**Tea**  
**Coffee**  
**Hot Chocolate**

## Sunday

### Beverages

**Fruit Juices**  
**Fresh Milk**  
(Full Cream/Semi/  
Skimmed)

### Bread

**White**  
**Wholemeal**  
**English Muffin**

### Cereal

**Selection of**  
**Cereals**  
(including  
Porridge, Granola)

### Preserves

**Marmalade**  
**Butter**  
**Low Fat Spread**  
**Jam**  
**Honey**

### Hot Drinks

**Tea**  
**Coffee**  
**Hot Chocolate**

# Breakfast and snacks...

## Gluten Free

### Breakfast Cereal

Available on request.

### Gluten Free Rolls

Served with either butter or low fat spread and jam or marmalade.

Please request gluten free rolls when you place your breakfast order.

### Low Fat Yogurt

(fruit or plain)

### Fruit

### Snacks

#### Gluten Free Biscuits

(order from catering)

#### Fruit

Low Fat Yogurt (fruit or plain)

#### Drinks

Tea

Coffee

Fruit Juice

## Low Potassium

### Breakfast Cereal

- Ready Brek
- Cornflakes
- Rice Krispies
- Weetabix

### Bread or Toast

Served with either butter or low fat spread and jam or marmalade.

### Low Fat Yogurt

(plain)

### Snacks

**Cake** (no fruit cake)

**Low Fat Yogurt** (plain)

**Cheese and Biscuits**

**Drinks**

**Tea**

*No hot chocolate,  
coffee or fruit juice ...  
sorry!*

## Low Fat

### Breakfast Cereal

Served with skimmed milk, please order from the catering staff.

### Bread or Toast and Low Fat Spread

Served with either jam or marmalade (no butter).

### Fruit

### Fruit Juice

### Snacks

Fruit

### Drinks

Tea

Coffee

Fruit Juice

## Restricted Fibre

### Breakfast Cereal

- Cornflakes
- Rice Krispies

### Bread or Toast

White bread served with either butter or low fat spread.

### Low Fat Yogurt

(plain)

### Snacks

**Plain Biscuits**

**Cake** (not fruit cake)

**Cheese and Crackers**

**Low Fat Yogurt** (plain)

### Drinks

**Tea**

**Coffee**

**Hot Chocolate**

**Fruit Juice**

*No fruit sorry*