

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