



Sample Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Porridge & Mueseli	Build your own bowl of muesli or rolled oats porridge with a choice of toppings: Toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds						
Toast Bar	Wholegrain, multi-seed and granary breads with a selection of local jams and preserves						
Cereals	Selection of cereals including Bran flakes, All Bran, Weetabix and Shredded Wheat served with Full fat and Low fat milk						
Hot Daily Special	Baked Irish Pork Sausages	Cream Cheese Bagel	Breakfast Bacon Muffin	Bakery Treat	Baked Beans on Toast	Take-away Bakery	Sunday Smooties!
Free Range Eggs	Irish Free range Eggs - Alternate Days Boiled, Fried & Scrambled						
Breakfast Buffet	Continental style sliced meats & cheeses & roustic breads. Probiotic natural yoghurt with a selection of toppings including home-made granola, fresh fruit purees, dried and fresh fruit pieces, honey and preserves. Freshly cut whole fruits in season. Powering Performance - Overnight Oats - Chia Seeds & Sultanas or Blueberries						
Hydration Station	Hot Beverages Still Water & Water Infusions from - Cucumber & Mint, Lemon & Lime, Very Berry and Orange & Passion fruit to name but a few!						