

# Breakfast

## Week 1



**THE FRESH LITTLE  
ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

### Cereals

Weetabix, Corn Flakes and Rice Krispies (G)

Semi-Skimmed Milk and Milk Alternatives

### Mains

American Style  
Pancakes with  
Toppings  
(G,Mk,E)

Sausage Bap  
(G,Su)

Fruit Kebab

Pain Au  
Chocolate  
(G,Mk,So)

Bacon Roll  
(G)

### Bread Basket

Toast (G,So), Jam, Honey and Marmite



JANUARY  
LEEKS

FEBRUARY  
PARSNIPS



MARCH  
KALE

APRIL  
NEW  
POTATOES



Try something new  
each month using  
our special seasonal  
ingredients!

### Dates

5/1/26 ,2/2/26, 9/3/26

### Allergens

Ce = Celery

Cr = Crustacean

E = Eggs

F = Fish

G = Cereals

containing Gluten

L = Lupin

Mk = Milk

Mo = Molluscs

Mu = Mustard

N = Nuts

P = Peanuts

Se = Sesame Seeds

So = Soya

Su = Sulphur Dioxide

# Breakfast

## week 2



**THE FRESH LITTLE  
ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

### Cereals

Weetabix, Corn Flakes and Rice Krispies (G)

Semi-Skimmed Milk and Milk Alternatives

### Mains

Sausage Bap  
(G,Su)

American style  
Pancakes with  
Toppings  
(G,Mk,E)

Pain Au  
Chocolate  
(G,Mk,So)

Bacon Roll  
(G)

Fruit Salad

### Bread Basket

Toast (G,So), Jam, Honey and Marmite



JANUARY  
LEEKS

FEBRUARY  
PARSNIPS



MARCH  
KALE

APRIL  
NEW  
POTATOES

Try something new  
each month using  
our special seasonal  
ingredients!



### Dates

12,1,26, 9/2/26, 16/3/26

Ce = Celery

Cr = Crustacean

E = Eggs

F = Fish

G = Cereals

containing Gluten

L = Lupin

Mk = Milk

Mo = Molluscs

Mu = Mustard

N = Nuts

P = Peanuts

Se = Sesame Seeds

So = Soya

Su = Sulphur Dioxide

### Allergens

# Breakfast

## week 3



**THE FRESH LITTLE ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

### Cereals

Weetabix, Corn Flakes and Rice Krispies (G)

Semi-Skimmed Milk and Milk Alternatives

### Mains

Pain Au  
Chocolate  
(G,Mk,So)

Fruit Salad

Sausage Bap  
(G,Su)

American style  
Pancakes with  
Toppings  
(G,Mk,E)

Bacon Roll  
(G)

### Bread Basket

Toast (G,So), Jam, Honey and Marmite



JANUARY  
LEEKS

FEBRUARY  
PARSNIPS



MARCH  
KALE

APRIL  
NEW  
POTATOES



Try something new  
each month using  
our special seasonal  
ingredients!



### Dates

19/1/26, 23/2/26, 23/6/26

### Allergens

Ce = Celery

Cr = Crustacean

E = Eggs

F = Fish

G = Cereals

containing Gluten

L = Lupin

Mk = Milk

Mo = Molluscs

Mu = Mustard

N = Nuts

P = Peanuts

Se = Sesame Seeds

So = Soya

Su = Sulphur Dioxide

# Breakfast

## Week 4



**THE FRESH LITTLE  
ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

### Cereals

Weetabix, Corn Flakes and Rice Krispies (G)

Semi-Skimmed Milk and Milk Alternatives

### Mains

Pain au  
Chocolate  
(G,Mk,So)

Sausage Bap  
(G,Su)

American style  
Pancakes with  
Toppings  
(G,E,Mk)

Fruit Salad

Bacon Roll  
(G)

### Bread Basket

Toast (G,So), Jam, Honey and Marmite



JANUARY  
LEEKS

FEBRUARY  
PARSNIPS



MARCH  
KALE

APRIL  
NEW  
POTATOES



Try something new  
each month using  
our special seasonal  
ingredients!

### Dates

26/1/26, 2/3/26

### Allergens

Ce = Celery

Cr = Crustacean

E = Eggs

F = Fish

G = Cereals

containing Gluten

L = Lupin

Mk = Milk

Mo = Molluscs

Mu = Mustard

N = Nuts

P = Peanuts

Se = Sesame Seeds

So = Soya

Su = Sulphur Dioxide