

Marine Academy Breakfast Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Conflakes Rice Crispies Shreddies Porridge (GL) Milk (D) Bagels/Butter (GL / D)	Conflakes Rice Crispies Shreddies Porridge (GL) Milk (D) Bagels/Butter (GL / D)	Conflakes Rice Crispies Shreddies Porridge (GL) Milk (D) Bagels/Butter (GL / D)	Conflakes Rice Crispies Shreddies Porridge (GL) Milk (D) Bagels/Butter (GL / D)	Conflakes Rice Crispies Shreddies Porridge (GL) Milk (D) Bagels/Butter (GL / D) Treat Friday * Hot Chocolate (D)
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Conflakes Rice Crispies Shreddies Porridge (GL) Milk (D) Bagels/Butter (GL / D)	Conflakes Rice Crispies Shreddies Porridge (GL) Milk (D) Bagels/Butter (GL / D)	Conflakes Rice Crispies Shreddies Porridge (GL) Milk (D) Bagels/Butter (GL / D)	Conflakes Rice Crispies Shreddies Porridge (GL) Milk (D) Bagels/Butter (GL / D)	Conflakes Rice Crispies Shreddies Porridge (GL) Milk (D) Bagels/Butter (GL / D) Treat Friday * Croissants (GL/E/D)
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
	Conflakes Rice Crispies Shreddies Porridge (GL) Milk (D) Bagels/Butter (GL / D)	Conflakes Rice Crispies Shreddies Porridge (GL) Milk (D) Bagels/Butter (GL / D)	Conflakes Rice Crispies Shreddies Porridge (GL) Milk (D) Bagels/Butter (GL / D)	Conflakes Rice Crispies Shreddies Porridge (GL) Milk (D) Bagels/Butter (GL / D)	Conflakes Rice Crispies Shreddies Porridge (GL) Milk (D) Bagels/Butter (GL / D) Treat Friday * Sausage Bap (D/SO/GL/SU)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
	Conflakes Rice Crispies Shreddies Porridge (GL)	Conflakes Rice Crispies Shreddies Porridge (GL)	Conflakes Rice Crispies Shreddies Porridge (GL)	Conflakes Rice Crispies Shreddies Porridge (GL)	Conflakes Rice Crispies Shreddies Porridge (GL)
	Milk (D)	Milk (D)	Milk (D)	Milk (D)	Milk (D)
	Bagels/Butter (GL / D)	Bagels/Butter (GL / D)	Bagels/Butter (GL / D)	Bagels/Butter (GL / D)	Bagels/Butter (GL / D)
					Treat Friday *
					Pancakes (D/GL/E)

Allergen Key (Brackets under menu item)

GL= Gluten, C= Celery, D= Dairy, E= Egg, F=Fish, M= Mustard, P= Peanuts, N= Nuts, SO= Soya, SU= Sulphites, L= Lupin, SF= Shellfish, MO= Molluscs, SE= Sesame GF= Gluten Free, GFA= Gluten Free Available, VA= Vegan Available

*Treat Friday available for those students who have attended all week.