



Time Out Club

Menu

Breakfast

Crumpet with butter or soft cheese

Toast with butter

Scrambled egg

Yogurt with mixed berries or banana

Porridge with mixed berries or bananas

Weetabix, Rice Krispies or Cornflakes

Water or milk to drink.

Tea

Pitta Pizza

Wholemeal pitta bread, tomato passata, grated cheese, choice of ham and/or pineapple.

Wraps

Wholemeal tortilla wraps. Choice of hummus, peppers, tomato, cucumber, ham, cheese, lettuce.

Pasta

Wholemeal pasta. Choice of Bolognese pasta sauce, grated cheese, ham, tuna, sweetcorn. Optional garlic bread.

Soup and sandwiches

Tomato soup (canned) and/or cucumber pieces. Sandwiches on 50/50 bread with butter and choice of ham or cheese.

Savoury rice

Brown rice. Choice of sweetcorn, cooked petit pois, tomato, cucumber, ham, grated cheese, peppers, small amount of unsalted soy sauce.

Cheesy pasta

White macaroni pasta. Semi-skimmed milk, grated cheese. Choice of cooked petit pois and/or cucumber. Optional garlic bread.

Desserts

Yogurt (always available)

Various flavours of low-sugar jelly (vegan option available) with optional tinned fruit*

Various flavours of low-sugar Angel Delight (caramel or strawberry)*

(*offered one night per week).

All meals can be catered to accommodate gluten-free/dairy-free/vegan preferences/allergies