Breakfast

All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydration	Apple, pommegrante & bay water	Pineapple & orange juice	Watermelon & mint infusion	Orange & apple juice	Grapefruit juice with root ginger	Sparkling lemon & lime	Juices & waters
Hot Items	Grilled back bacon Poached egg Sauté potato Baked beans	Grilled sausage Scrambled egg Hash browns Grilled tomato	Grilled back bacon Poached egg Breakfast bubble Field mushroom	Grilled sausage Omelette Plum tomatoes Baked beans	Grilled back bacon Fried eggs Hash browns Grilled tomato	Grilled sausage Your choice of eggs Baked beans Field mushroom	**Brunch** Bacon Sausage Eggs, your way! Baked beans Mushrooms Hash browns Black pudding Selection of pastries
Daily Special	Brioche finger roll, pork sausage, smoky beans & cherry tomatoes	Multiseed croissant with ricotta, crisp streaky bacon & honey	**Breakfast quesadilla with scrambled tofu, peppers & tomato**	**Raspberry ripple & chia seed coconut yoghurt**	Ham hock, goats cheese & sun dried tomato pin wheel	Smoothie Bowls	
Daily Breakfast Items	**Porridge station** Cereal bar Yoghurt station Toast & preserves	**Porridge station** Cereal bar Yoghurt station Toast & preserves	**Porridge station** Cereal bar Yoghurt station Toast & Preserves	**Porridge station** Cereal bar Yoghurt station Toast & preserves	**Porridge station** Cereal bar Yoghurt station Toast & preserves	**Porridge station** Cereal bar Yoghurt station Toast & preserves	**Porridge station** Cereal bar Yoghurt station Toast & preserves
Fruit	Cut & whole fruit	Cut & whole fruit	Cut & whole fruit	Cut & whole fruit	Cut & whole fruit	Cut & whole fruit	Cut & whole fruit