Ashford and St. Peter's Hospitals Goodness

Nutrition for you

BREAKFAST & SNACK MENU

SERVICE TIMES

Breakfast	07:30 - 08.15
Lunch	12:30 - 13.30
Supper	17:00 - 18:00



Milk Free

Breakfast Cereal

Served with soya milk / oat milk

- Cornflakes
- Rice Krispies
- Weetabix
- Bran Flakes

Bread or Toast

Served with margarine and either jam or marmalade. Can be toasted on request.

Fruit

Drinks

- Black Tea
- Black Coffee
- Orange Juice
- Apple Juice
- Squash

Avoid malted milk and hot chocolate drinks.

Snacks

Biscuits (only ginger nut or rich tea biscuits allowed)
Fruit

Low Fibre

Breakfast Cereal

- Cornflakes
- Rice Krispies

Bread or Toast

White bread served with either butter or margarine and jam or marmalade.

Yoghurt

No fruit, sorry!

Drinks

- Tea
- Coffee
- Malted Milk
- Hot Chocolate
- Orange Juice
- Apple Juice
- Squash

Snacks

Biscuits (no digestive or fruit shortcake)
Cake (not fruit cake)
Cheese & Crackers
Yoghurt
Meritene Shake (strawberry / chocolate)
Meritene Soup (chicken / vegetable)

Non Gluten Containing Ingredients - NGCI

NGCI Breakfast Cereal
Please order your NGCI cereal from catering.

NGCI Porridge
Please order your NGCI porridge from catering.

NGCI Bread Rolls
Please order your NGCI rolls from catering. Served with either butter or margarine and jam or marmalade.

Fruit

Yoghurt

Drinks
- Tea
- Coffee
- Hot Chocolate
- Orange Juice
- Apple Juice
- Squash

Avoid malted milk.

Snacks
NGCI Biscuits (order from catering)
Cake
Fruit
Yoghurt
Meritene Shake (strawberry / chocolate)
Meritene Soup (chicken / vegetable)

Low Potassium

Breakfast Cereal
- Ready Brek
- Cornflakes
- Rice Krispies

Bread or Toast
Served with either butter or margarine and jam or marmalade.

Yoghurt

Drinks
- Tea
- Squash

Avoid malted milk, hot chocolate and coffee

No fruit juice, bananas or satsumas, sorry!

Snacks
Cake (not fruit cake)
Cheese & Crackers
Yoghurt

Low Fat

Breakfast Cereal
Served with Skimmed milk. Please order from catering.

Bread or Toast & Margarine
Served with either jam or marmalade. (no butter).

Fruit

Drinks
- Tea
- Coffee
- Orange Juice
- Apple Juice
- Squash

Avoid malted milk and chocolate drinks.

Snacks
Fruit