

Hall breakfast menu (September to December 2022)

Full breakfast menu served Monday to Friday 7.30am-9.30am in Ancaster, Cavendish, Cripps, Derby, Lenton & Wortley and Rutland Halls					
	Monday	Tuesday	Wednesday	Thursday	Friday
Build your own breakfast – choose up to any three items					
Hot protein	Sausage patty	Bacon	Turkey bacon	Lincolnshire sausage	Bacon and Lincolnshire sausage wrap
	Quorn patty (v)	Glamorgan sausage (v)	Quorn sausage (v)	Veggie sausage (v)	Breakfast quesadilla (v)
	Scrambled egg/boiled egg	Scrambled egg/boiled egg	Scrambled egg/boiled egg	Scrambled egg/boiled egg	Scrambled egg/boiled egg
Carbohydrate	Hash brown	Potato rosti	Fried diced potatoes	Potato waffle	Hash brown
Bakery	Toasted muffin Pancakes	Toasted tea cakes Bagels	Petit pain Pain au chocolat	English crumpet Croissant	Fruit loaf Danish selection
Plus help yourself to the following items available daily					
Vegetables	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans
	Grilled tomatoes	Mushrooms	Plum tomatoes	Mushrooms	Grilled tomatoes
Grains	Porridge available daily				
Fruit	A selection of whole fruit				
	Chef's daily choice of prepared fruit				
Dairy	Natural yoghurt and a selection of fruit yoghurt pots				
Cereal	A variety of six cereals which will include chef's choice of: 3 wheat cereals – bran flakes, corn flakes, rice krispies, Weetabix or wheat shreddies 1 lifestyle cereal – fruit and fibre or Special K 1 sweet cereal – frosted flakes or coco pops 1 oat cereal – muesli or granola				
Bread	White and wholemeal sliced bread for toasting				
Spread and preserves	A selection of spreads and preserves to include butter, sunflower spread, jam, marmalade, honey, Philadelphia and Nutella				