

Shailers Breakfast Menu

Name: _____ Time: _____

Tea

Coffee

Continental

Cereal

Yoghurt

Fresh Fruit Salad

Toast White Wholemeal Rye

Bagel Jam

Salmon (*with cream cheese*)

Cooked

Tomatoes

Hash Browns

Mushrooms

Bacon

Sausage

Onions

Eggs Scrambled

Poached

Boiled

Fried

on toast White Wholemeal Rye