

Breakfast Plan

Day 1

Pancakes
Waffles
Herb Toast
Bacon
Pork Sausages
Scrambled Eggs
Fruit Platter

Day 2

Baguette
Tomato Cheese Frittata
Fruit Platter
Bacon
Cereal/Cold Milk
Banana Muffins
Waffles

Day 3

Oatmeal w/ Raisin
Omelettes
Pork Sausages
Baked Beans
Pancakes
Toast
Fruit Platter

Day 4

Hot dog w/ condiments
Fresh Garden Salad
Baked Beans
Bananas & Apples
Poached Eggs

Deli Ham
Bread Rolls
Hollandaise Sauce

Day 5

Parfait Station (yoghurt, granola, diced fruit)
Bacon
Omelettes
Grilled Cheese Sandwiches
Pancakes

Day 6

Cereal/Cold Milk
Pancake
Toast
Scrambled Eggs
Hotdog w/ Push Cart Onions
Bacon
Fruit Platter

Day 7 (Local)

Bread Rolls
Stewed Tomato and Saltfish
Spinach Cheese Frittata
Cucumber Salad
Fruit Salad
Potato Hash
Cocoa Tea