

Breakfast Club Menu

2024-2025

1

Cereal Main

One bowl, with or without milk out of the following choices below:

OR

1

Toast/Crumpet Main

Two slices of toast or Crumpets and one topping out of the following choices below:

1	<h3>Corn Flakes</h3> <p>Per 30g</p> <table border="1"> <tr> <td>Energy 402kJ 118kcal</td> <td>Fat 0.3g</td> <td>Saturates <0.1g</td> <td>Sugars 1.8g</td> <td>Salt 0.18g</td> </tr> <tr> <td>6%</td> <td>Low <1%</td> <td>Low <1%</td> <td>Medium 2%</td> <td>Medium 3%</td> </tr> </table> <p><small>of the reference intake* Typical values per 100g: Energy 1341kJ / 318kcal</small></p>	Energy 402kJ 118kcal	Fat 0.3g	Saturates <0.1g	Sugars 1.8g	Salt 0.18g	6%	Low <1%	Low <1%	Medium 2%	Medium 3%
Energy 402kJ 118kcal	Fat 0.3g	Saturates <0.1g	Sugars 1.8g	Salt 0.18g							
6%	Low <1%	Low <1%	Medium 2%	Medium 3%							
2	<h3>Rice Snaps</h3> <p>Per 30g</p> <table border="1"> <tr> <td>Energy 491kJ 118kcal</td> <td>Fat 0.4g</td> <td>Saturates 0.1g</td> <td>Sugars 1.5g</td> <td>Salt 0.16g</td> </tr> <tr> <td>6%</td> <td>Low 1%</td> <td>Low 1%</td> <td>Low 2%</td> <td>Medium 3%</td> </tr> </table> <p><small>of the reference intake* Typical values per 100g: Energy 1603kJ / 382kcal</small></p>	Energy 491kJ 118kcal	Fat 0.4g	Saturates 0.1g	Sugars 1.5g	Salt 0.16g	6%	Low 1%	Low 1%	Low 2%	Medium 3%
Energy 491kJ 118kcal	Fat 0.4g	Saturates 0.1g	Sugars 1.5g	Salt 0.16g							
6%	Low 1%	Low 1%	Low 2%	Medium 3%							
3	<h3>Wheat Biscuits</h3> <p>Per 2 biscuits</p> <table border="1"> <tr> <td>Energy 538kJ 127kcal</td> <td>Fat 0.6g</td> <td>Saturates 0.1g</td> <td>Sugars 1.7g</td> <td>Salt 0.29g</td> </tr> <tr> <td>6%</td> <td>Low 1%</td> <td>Low 1%</td> <td>Low 2%</td> <td>Medium 5%</td> </tr> </table> <p><small>of the reference intake* Typical values per 100g: Energy 2691kJ / 643kcal</small></p>	Energy 538kJ 127kcal	Fat 0.6g	Saturates 0.1g	Sugars 1.7g	Salt 0.29g	6%	Low 1%	Low 1%	Low 2%	Medium 5%
Energy 538kJ 127kcal	Fat 0.6g	Saturates 0.1g	Sugars 1.7g	Salt 0.29g							
6%	Low 1%	Low 1%	Low 2%	Medium 5%							

1	<h3>White Bread or Crumpets</h3> <p>One slice</p> <table border="1"> <tr> <td>Energy 347kJ 83kcal</td> <td>Fat 0.4g</td> <td>Saturates 0.1g</td> <td>Sugars 1.1g</td> <td>Salt 0.3g</td> </tr> <tr> <td>4%</td> <td>Low 1%</td> <td>Low 1%</td> <td>Low 1%</td> <td>Medium 5%</td> </tr> </table> <p><small>of the reference intake* Typical values per 100g: Energy 694kJ / 167kcal</small></p> <p>One crumpet</p> <table border="1"> <tr> <td>Energy 431kJ 99kcal</td> <td>Fat 0.4g</td> <td>Saturates 0.1g</td> <td>Sugars 1.7g</td> <td>Salt 0.57g</td> </tr> <tr> <td>5%</td> <td>Low 1%</td> <td>Low 1%</td> <td>Low 2%</td> <td>Medium 10%</td> </tr> </table> <p><small>of the reference intake* Typical values per 100g: Energy 716kJ / 171kcal</small></p>	Energy 347kJ 83kcal	Fat 0.4g	Saturates 0.1g	Sugars 1.1g	Salt 0.3g	4%	Low 1%	Low 1%	Low 1%	Medium 5%	Energy 431kJ 99kcal	Fat 0.4g	Saturates 0.1g	Sugars 1.7g	Salt 0.57g	5%	Low 1%	Low 1%	Low 2%	Medium 10%
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5%	Low 1%	Low 1%	Low 2%	Medium 10%																	
2	<h3>Butter</h3> <p>2 teaspoons</p> <table border="1"> <tr> <td>Energy 107kJ 26kcal</td> <td>Fat 4.2g</td> <td>Saturates 1.1g</td> <td>Sugars <0.1g</td> <td>Salt 0.11g</td> </tr> <tr> <td>2%</td> <td>High 6%</td> <td>High 6%</td> <td>Low <1%</td> <td>Medium 2%</td> </tr> </table> <p><small>of the reference intake* Typical values per 100g: Energy 408kJ / 97kcal</small></p>	Energy 107kJ 26kcal	Fat 4.2g	Saturates 1.1g	Sugars <0.1g	Salt 0.11g	2%	High 6%	High 6%	Low <1%	Medium 2%										
Energy 107kJ 26kcal	Fat 4.2g	Saturates 1.1g	Sugars <0.1g	Salt 0.11g																	
2%	High 6%	High 6%	Low <1%	Medium 2%																	
3	<h3>Strawberry Jam</h3> <p>One tablespoon (15g)</p> <table border="1"> <tr> <td>Energy 198kJ 47kcal</td> <td>Fat <0.1g</td> <td>Saturates <0.1g</td> <td>Sugars 6.9g</td> <td>Salt 0.1g</td> </tr> <tr> <td>2%</td> <td>Low <1%</td> <td>Low <1%</td> <td>High 8%</td> <td>Low <1%</td> </tr> </table> <p><small>of the reference intake* Typical values per 100g: Energy 1320kJ / 315kcal</small></p>	Energy 198kJ 47kcal	Fat <0.1g	Saturates <0.1g	Sugars 6.9g	Salt 0.1g	2%	Low <1%	Low <1%	High 8%	Low <1%										
Energy 198kJ 47kcal	Fat <0.1g	Saturates <0.1g	Sugars 6.9g	Salt 0.1g																	
2%	Low <1%	Low <1%	High 8%	Low <1%																	
4	<h3>Honey</h3> <p>Each tablespoon</p> <table border="1"> <tr> <td>Energy 208kJ 49kcal</td> <td>Fat <0.1g</td> <td>Saturates <0.1g</td> <td>Sugars 12.2g</td> <td>Salt <0.01g</td> </tr> <tr> <td>2%</td> <td>Low 0%</td> <td>Low 0%</td> <td>High 14%</td> <td>Low 0%</td> </tr> </table> <p><small>of the reference intake* Typical values per 100g: Energy 1588kJ / 378kcal</small></p>	Energy 208kJ 49kcal	Fat <0.1g	Saturates <0.1g	Sugars 12.2g	Salt <0.01g	2%	Low 0%	Low 0%	High 14%	Low 0%										
Energy 208kJ 49kcal	Fat <0.1g	Saturates <0.1g	Sugars 12.2g	Salt <0.01g																	
2%	Low 0%	Low 0%	High 14%	Low 0%																	

2

Snack Option

One snack out of the following choices below:

1	<h3>Apple</h3> <table border="1"> <tr> <td>Energy 225kJ 53kcal</td> <td>Fat 0.1g</td> <td>Saturates <0.1g</td> <td>Sugars 11.8g</td> <td>Salt <0.01g</td> </tr> <tr> <td>3%</td> <td>Low <1%</td> <td>Low <1%</td> <td>Medium 13%</td> <td>Low 0%</td> </tr> </table> <p><small>of the reference intake* Typical values per 100g: Energy 225kJ / 53kcal</small></p>	Energy 225kJ 53kcal	Fat 0.1g	Saturates <0.1g	Sugars 11.8g	Salt <0.01g	3%	Low <1%	Low <1%	Medium 13%	Low 0%
Energy 225kJ 53kcal	Fat 0.1g	Saturates <0.1g	Sugars 11.8g	Salt <0.01g							
3%	Low <1%	Low <1%	Medium 13%	Low 0%							
2	<h3>Orange</h3> <p>Per 100g</p> <table border="1"> <tr> <td>Energy 174kJ 41kcal</td> <td>Fat 0.2g</td> <td>Saturates 0g</td> <td>Sugars 8.2g</td> <td>Salt <0.01g</td> </tr> <tr> <td>2%</td> <td>Low <1%</td> <td>Low 0%</td> <td>Medium 9%</td> <td>Low <1%</td> </tr> </table> <p><small>of the reference intake* Typical values per 100g: Energy 174kJ / 41kcal</small></p>	Energy 174kJ 41kcal	Fat 0.2g	Saturates 0g	Sugars 8.2g	Salt <0.01g	2%	Low <1%	Low 0%	Medium 9%	Low <1%
Energy 174kJ 41kcal	Fat 0.2g	Saturates 0g	Sugars 8.2g	Salt <0.01g							
2%	Low <1%	Low 0%	Medium 9%	Low <1%							
3	<h3>Raisins</h3> <p>Each box</p> <table border="1"> <tr> <td>Energy 170kJ 40kcal</td> <td>Fat <0.1g</td> <td>Saturates <0.1g</td> <td>Sugars 8.4g</td> <td>Salt 0.01g</td> </tr> <tr> <td>2%</td> <td>Low <1%</td> <td>Low <1%</td> <td>High 9%</td> <td>Low <1%</td> </tr> </table> <p><small>of the reference intake* Typical values per 100g: Energy 172kJ / 40kcal</small></p>	Energy 170kJ 40kcal	Fat <0.1g	Saturates <0.1g	Sugars 8.4g	Salt 0.01g	2%	Low <1%	Low <1%	High 9%	Low <1%
Energy 170kJ 40kcal	Fat <0.1g	Saturates <0.1g	Sugars 8.4g	Salt 0.01g							
2%	Low <1%	Low <1%	High 9%	Low <1%							
4											

3

Drink Option

One cup out of the following choices below:

1	<h3>Milk</h3> <p>Per 200ml</p> <table border="1"> <tr> <td>Energy 419kJ 100kcal</td> <td>Fat 3.6g</td> <td>Saturates 2.2g</td> <td>Sugars 9.6g</td> <td>Salt 0.22g</td> </tr> <tr> <td>5%</td> <td>Medium 5%</td> <td>Medium 11%</td> <td>Medium 11%</td> <td>Low 4%</td> </tr> </table> <p><small>of the reference intake* Typical values per 100g: Energy 209kJ / 50kcal</small></p>	Energy 419kJ 100kcal	Fat 3.6g	Saturates 2.2g	Sugars 9.6g	Salt 0.22g	5%	Medium 5%	Medium 11%	Medium 11%	Low 4%
Energy 419kJ 100kcal	Fat 3.6g	Saturates 2.2g	Sugars 9.6g	Salt 0.22g							
5%	Medium 5%	Medium 11%	Medium 11%	Low 4%							
2	<h3>Water</h3> <p>NIL</p>										