

LANCASTER ROYAL GRAMMAR SCHOOL

BOARDERS BREAKFAST

SERVED 7.50 – 8.20

BREAKFAST CLUB FOR DAY BOYS SERVED 8.20 – 8.40

CHILLED FRUIT JUICE

APPLE, ORANGE, GRAPEFRUIT AND CRANBERRY

SELECTION OF CEREALS – WHOLE GRAIN AND SUGAR FREE

TRADITIONAL PORRIDGE

GRAPEFRUIT SEGMENTS – STEWED PRUNES

EGGS – BOILED, SCRAMBLED OR STEAMED

GRILLED BACON AND SAUSAGES

HASH BROWNS, WAFFLES OR FRENCH TOAST

TOMATOES, BAKED BEANS OR MUSHROOMS

HOT CROISSANT SERVED WITH HOT CHOCOLATE

WHITE OR WHOLEMEAL TOAST SERVED WITH JAM, MARMALADE OR
MARMITE

TEA OR COFFEE

MORNING TUCK BREAK

SERVED 11.20 -11.40am

HOT BACON OR SAUSAGE BARM CAKES

TOASTED CRUMPETS OR FRUIT TEA CAKES

SELECTION OF FRESHLY MADE SANDWICHES

BAGUETTES

TORTILLA WRAPS FRESH FRUIT JUICES

FLAVOURED WATERS

NATURAL FRUIT BASED DRINKS

LOW FAT YOGHURTS

FRESH FRUIT