

# **BREAKFAST**

## **Choice of Cereals/Fruit**

**Cornflakes**  
**All-Bran**  
**Bran Flakes**  
**Sugar Puffs**  
**Alpen**  
**Grapefruit segments**  
**Prunes**  
**Porridge**

## **Choice of Eggs**

**Poached on toast (one)**  
**Scrambled (one)**  
**Fried (one)**  
**Boiled (one)**

## **Any or all of**

**Bacon (one slice)**  
**Sausage (one link)**  
**Fried tomato (one half)**

**and**

**Toast (Granary or white)**  
**w/ marmalade**  
**strawberry jam**  
**honey butter**

## **Beverage**

**Orange Juice**  
**Grapefruit Juice**

**Milk**

**Hot Chocolate**  
**Tea w/ Milk of Lemon**

**Coffee**