



HAVE A HEALTHY BREAKFAST

Breakfast is one of our most important meals and gives your metabolism a kick start for the day. The following is a guide to the items served in the staff canteen or self service restaurants.

Breakfast Accompaniments	Cals
1 slice of back bacon grilled	80
1 grilled bacon medallion	33
1 pork sausage	162
1 medium egg scrambled, boiled or poached	80
1 portion of beans	60
1 portion grilled/tinned tomatoes	nil
1 slice of fried bread	350
1 Fried egg	110
1 slice Granary/toast	100
Portion Fried Mushrooms	180
1 individual jam portion	130
1 bagel	230
1 small tea cake/currant bun	178
Banana Muffin	585
Calories for Eggs	Calories
Large/Medium/Small	100/86/80
Duck egg	160
Quail	14
Egg White	15
Egg Yolk	70