

Renal Breakfast Menu

Cornflakes S/**V**, Rice Krispies S/**V**, Weetabix S/**V**, Ready Brek S/**V**
Semi Skimmed or Full Fat Milk S/**V**/GF

White or wholemeal toast **V**
White or wholemeal bread S/**V**
Croissant
Butter or Flora Sunflower Spread S/**V**
Jam or Marmalade S/**V**/GF

Orange/Apple **V**/GF
Thick & Creamy Yoghurt S/**V**

Cheese, biscuits and butter or Flora Sunflower Spread
Cheese portion **V** or Philadelphia Spread S/**V**

Choice of drinks to accompany breakfast include:

Tea, regular or decaffeinated	S/ V /GF
Coffee, regular or decaffeinated	S/ V /GF
Squash, orange or lemon	S/ V /GF
No added sugar squash, orange or lemon	S/ V /GF
Milk, semi-skimmed or full fat	S/ V /GF
Fruit fusions	S/ V /GF
Water	S/ V /GF

Remember, where relevant, to count drinks as part of your fluid allowance for the day.