

# MONKTON PREPARATORY SCHOOL MENU WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b> Omelettes & Baked Beans Chipolata Sausages Porridge	<b>Breakfast</b> Poached Egg Grilled Tomato Mushrooms	<b>Breakfast</b> Selection of Pastries Sliced Meat & Cheese Porridge	<b>Breakfast</b> Fried Egg, Bacon & Sausage Hash Browns	<b>Breakfast</b> Toasted Muffin Scrambled Egg Plum Tomatoes	<b>Breakfast</b> Grilled Bacon Waffles Mushrooms	<b>Breakfast</b> Selection of Pastries Sliced Meat & Cheese Cocoa & Marshmallows Milky Porridge
Toast & spreads, cereals & milk, yoqurt & fresh cut fruit, fruit bowls, fruit juice, coffee & tea all available for Breakfast every day.						
<b>Lunch</b> Grilled Butchers Sausages Sautéed Quorn Sausages Poached Fish with Lemon & Dill Butter Mashed Potatoes Choice of 2 Fresh Seasonal Vegetables  Rice Bar  Apple & Blackberry Pie with Custard	<b>Lunch</b> Chicken Slices in a Tomato & Basil Sauce Chickpea, Spinach & Tomato Casserole with Ricotta Dumplings Salmon & Fennel Stew New Potatoes Choice of 2 Fresh Seasonal Vegetables  Noodle Bar  Cold Rice Pudding with Fruit Topping	<b>Lunch</b>  <b>Chefs Choice Menu</b>   Jacket Potato Bar	<b>Lunch</b> Roast Pork, Sage & Onion Stuffing and Apple Sauce Cheesy Leek & Rice Strudel Salmon & White Fish En Croute Roast Potatoes Choice of 2 Fresh Seasonal Vegetables  Pasta Bar  Warm Chocolate Chip Shortbread	<b>Lunch</b> Fish in Breadcrumbs Broccoli, Red Pepper & Pumpkin Tart Quiche Lorraine Chips Garden Peas Baked Beans  Jacket Potato Bar  Steamed Syrup Sponge with Custard	<b>Lunch</b> Chicken & Chorizo Casserole Quorn & Bean Goulash Savoury Rice Sweet Corn Sautéed Courgettes  Key Lime Pie	<b>Lunch</b> Roast Leg of Lamb with Mint Sauce Chef's Vegetarian Special Roast Potatoes Choice of 2 Fresh Seasonal Vegetables  Hot Chocolate Fudge Pudding
A daily salad bar with fresh seasonal healthy & tasty salads, freshly prepared protein items and selected condiments will be available for lunch Monday to Saturday. Fresh homemade soup with homemade crusty bread will be available Monday to Friday. Fresh cut fruit, fresh fruit bowl, yogurt & toppings also available daily.						
<b>Supper</b>  <b>Boarders Choice Menu</b>	<b>Supper</b> Moroccan Lamb Tagine Falafel with Baba Ganouche Cous Cous Choice of 2 Vegetables  Chocolate Cookies with Strawberry Milkshake	<b>Supper</b> Creamy Chicken & Bacon Farfelle Spinach & Ricotta Homemade Cannelloni Foccaccia Choice of 2 Vegetables  Baked Lemon Cheesecake	<b>Supper</b> Chilli Beef Bake topped with Garlic Bread Chilli Bean Bake topped with Cheesy Garlic Bread Jacket Wedges Choice of 2 Vegetables  Flapjack with Caramel Sauce	<b>Supper</b>  <b>Boarders Choice Menu</b>	<b>Supper</b> Salmon & Sweet Potato Fishcake Field Mushroom Stuffed with Brie & Herbed Breadcrumbs New Potatoes Choice of 2 Vegetables  Millionaire Shortbread	<b>Supper</b> Ham & Cheese Omelettes Cheese & Onion Omelettes Herby Diced Potatoes  Fruit Jellies & Cream
Jacket potatoes and a salad bar with fresh seasonal healthy & tasty salads, freshly prepared protein items and selected condiments will be available for Supper. Fresh cut fruit & a fresh fruit bowl will also be available.						