

MONKTON PREPARATORY SCHOOL MENU WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Eggy Bread Grilled Tomato Square Sausage Porridge	Breakfast Grilled Bacon Scrambled Egg Baked Beans	Breakfast Selection of Pastries Sliced Meat & Cheese Porridge	Breakfast Fried Egg, Bacon & Sausage Hash Browns	Breakfast Poached Egg Spaghetti Hoops Mushrooms	Breakfast Grilled Bacon Scrambled Egg Baked Beans Waffles & Maple Syrup	Breakfast 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.						
Lunch Beef & Vegetable Casserole with a Herb Dumpling Grilled Cheddar Polenta & Vegetable Cake Fish Fillets with a Mushroom & Tomato Sauce Parsley Potatoes Choice of 2 Fresh Seasonal Vegetables Pasta Bar Chocolate Bread & Butter Pudding with Chocolate Sauce	Lunch Toad in the Hole Vegetarian Toad in the Hole Both with Onion Gravy Smoked Haddock with Cheeses & Spring Onion Sauce Mashed Potatoes Choice of 2 Fresh Seasonal Vegetables Rice Bar Fruit Fool	Lunch Chefs Choice Menu Jacket Potato Bar	Lunch Roast Beef with Yorkshire Pudding Savoury Vegetable Cheese Crumble Tuna & Spinach Roulade Roast Potatoes Choice of 2 Fresh Seasonal Vegetables Pasta Bar Creamed Rice Pudding with Jam	Lunch Fish in Breadcrumbs Greek Butterbean & Feta Ragout with Mint Dumplings Turkey & Leek Pie Chips Garden Peas Baked Beans Jacket Potato Bar Ginger & Rhubarb Sponge Pudding with Custard	Lunch Beef Chilli Quorn Chilli Cheesy Tortilla Chips Mexican Tomato Rice Sautéed Baby Corn & Mixed Pepper Chocolate Mousse	Lunch Whole Roast Chicken with Stuffing Balls & Chipolatas Wrapped in Bacon Chef's Vegetarian Special Roast Potatoes Choice of 2 Fresh Seasonal Vegetables Pineapple Upside Down Pudding with Custard
A daily salad bar with fresh seasonal healthy & tasty salads, freshly prepared protein items and selected condiments will be available for lunch Monday to Friday. Fresh homemade soup with homemade crusty bread will be available Monday to Friday. Fresh cut fruit, fresh fruit bowl, yoqurt & toppings also available.						
Supper Battered Cod Balls Vegetable Fritters Homemade Tomato Sauce Sauté Potatoes Choice of 2 Vegetables Eton Mess	Supper Homemade Chicken Kiev Vegetarian Scotch Egg New Potatoes Choice of 2 Vegetables Belgium Waffle with Ice Cream & Chocolate Sauce	Supper Boarders Choice Menu	Supper Cheddar topped Bacon Chop with BBQ Sauce Goats Cheese & Red Pepper Tortilla Potato Croquettes Choice of 2 Vegetables Banoffi Pie	Supper Boarders Choice Menu	Supper Minted Lamb Kofta Courgette, Halloumi & Mint Kofta Pitta Bread Yogurt Sauce Crunchy Autumn Salad Chocolate Trifle	Supper Homemade Sausage Roll Vegetarian Sausage Roll Southern Fried Potato spirals
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.						