

MONKTON PREPARATORY SCHOOL MENU WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Breakfast</p> <p>Scrambled Egg Grilled Tomato Sauté Potatoes Porridge</p>	<p>Breakfast</p> <p>Chipolata Sausages Potato Waffles Baked Beans</p>	<p>Breakfast</p> <p>Selection of Pastries Sliced Meat & Cheese Porridge</p>	<p>Breakfast</p> <p>Fried Egg, Bacon & Sausage Hash Browns</p>	<p>Breakfast</p> <p>Poached Egg Plum Tomatoes Toasted Bagel</p>	<p>Breakfast</p> <p>Grilled Bacon Mushrooms Pancakes & Maple Syrup</p>	<p>Breakfast</p> <p>Selection of Pastries Sliced Meat & Cheese Cocoa & Marshmallows Milky Porridge</p>
<p>Toast & spreads, cereals & milk, yoqurt & fresh cut fruit, fruit bowls, fruit juice, coffee & tea all available for Breakfast every day.</p>						
<p>Lunch</p> <p>Cottage Pie Cheesy Quorn & Lentil Pie Cornish Fish Pie Choice of 2 Fresh Seasonal Vegetables</p> <p>Noodle Bar</p> <p>Citrus Sponge Pudding with Custard</p>	<p>Lunch</p> <p>Grilled Teriyaki Marinated Chicken Mushroom, Rocket & Red Pepper Risotto Balls Salmon Glazed with Soy & Honey New Potatoes Choice of 2 Fresh Seasonal Vegetables</p> <p>Pasta Bar</p> <p>Layered Fruit Jelly With Whipped Cream</p>	<p>Lunch</p> <p>Chefs Choice Menu</p> <p>Jacket Potato Bar</p>	<p>Lunch</p> <p>Roast Turkey, Sage & Onion Stuffing Cranberry Sauce White Bean & Thyme Kieft Herb Crusted Fish Fillet Roast Potatoes Choice of 2 Fresh Seasonal Vegetables</p> <p>Rice Bar</p> <p>Jam Roly Poly with Custard</p>	<p>Lunch</p> <p>Fish in Breadcrumbs Ratatouille & Goats Cheese Crispy Pancake Lamb & Mint Pasty Chips Garden Peas Baked Beans</p> <p>Jacket Potato Bar</p> <p>Fruit Flapjack with Vanilla Sauce</p>	<p>Lunch</p> <p>Beef Lasagne Tuscan Bean Lasagne Garlic Bread Roast Mediterranean Vegetables</p> <p>Warm Black Forest Sponge With Cream</p>	<p>Lunch</p> <p>Honey Baked Ham Chef's Vegetarian Special Roast Potatoes Choice of 2 Fresh Seasonal Vegetables</p> <p>Treacle Lattice Tart with Custard</p>
<p>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, yogurt & toppings also available daily.</p>						
<p>Supper</p> <p>Sticky BBQ Spare Ribs Spicy Breaded Haloumi with Roast Peppers in Pitta Bread Spiced Potato Wedges Choice of 2 Vegetables</p> <p>Banana Rice Fritters with Maple Syrup</p>	<p>Supper</p> <p>Boarders Choice Menu</p>	<p>Lamb Biryani with Vegetable Curry Sauce Chick Pea, Butternut Squash & Spinach Curry Naan Bread, Onion Bhaji and Mini Popadoms</p> <p>Chewy Marshmallow Rice Bars</p>	<p>Supper</p> <p>Meatballs in Tomato Sauce Quorn "Balls" in Tomato Sauce Spaghetti Herb Ciabatta Mixed Salad</p> <p>Mini Doughnuts with Chocolate Sauce</p>	<p>Supper</p> <p>Boarders Choice Menu</p>	<p>Supper</p> <p>Chicken Quesadilla Spicy Bean Quesadilla New Potatoes Choice of 2 Vegetables</p> <p>Strawberry Cheesecake</p>	<p>Supper</p> <p>French Bread Pizza with various Toppings ½ Jacket Potato Coleslaw</p> <p>Banana & Date Muffins</p>
<p>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.</p>						