



MONKTON PREPARATORY SCHOOL

MONDAY

TUESDAY

WEDNESDA

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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| <p>Fruit Juice Sliced H/Dew Melon Fresh Yoghurts Whole Fresh Fruit Assorted Cereals Toast & Preserves Tea & Coffee</p> <p>Scrambled Egg Waffles</p> | <p>Fruit Juice Melon & Whole Grapes Fresh Yoghurt Whole Fresh Fruit Assorted Cereals Toast & Preserves Tea & Coffee</p> <p>Pork Chipolatas Mushrooms</p> | <p>Fruit Juice Selection of Cut Fruit Fresh Yoghurt Whole Fresh Fruit Assorted Cereals Toast & Preserves Tea & Coffee</p> <p>Selection of Omelettes Grilled Tomato</p> | <p>Fruit Juice Melon & ½ Grapefruit Fresh Yoghurt Whole Fresh Fruit Assorted Cereals Toast & Preserves Tea & Coffee</p> <p>Continental Breakfast & Pastries</p> | <p>Fruit Juice Cut Fruit Platter Fresh Yoghurts Whole Fresh Fruit Assorted Cereals Toast & Preserves Tea & Coffee</p> <p>Eggy Bread Spaghetti Hoops</p> | <p>Fruit Juice Citrus Fruit & Grapes Fresh Yoghurt Whole Fresh Fruit Assorted Cereals Toast & Preserves Tea & Coffee</p> <p>Hash Browns Grilled Bacon</p> | <p>Fruit Juice Sliced Watermelon Fresh Yoghurts Whole Fresh Fruit Assorted Cereals Toast & Preserves Tea & Coffee</p> <p>Continental Breakfast & Pastries</p> |
| <p>Cumberland Pie Lentils & Vegetables Topped with a Cheesy Mash</p> <p>New Potatoes Puree of Swede Sliced Carrots</p> <p>JACKET BAR</p> <p>Chocolate Crunch & Vanilla Sauce</p> <p>Yoghurt & Toppings Cut & Fresh Fruit</p> | <p>Leg of British Chicken a la King</p> <p>Roasted Tomato & Parmesan Tart</p> <p>Fondant Potatoes Shredded Cabbage Cauliflower</p> <p>PASTA BAR</p> <p>Lemon Curd Sponge & Custard Sauce</p> <p>Yoghurt & Toppings Cut & Fresh Fruit</p> | <p>Lean Minced Beef Lasagne</p> <p>Roasted Vegetable Lasagne</p> <p>Garlic Bread Sweetcorn</p> <p>JACKET BAR</p> <p>Warm Pears & Chocolate Sauce</p> <p>Yoghurt & Toppings Cut & Fresh Fruit</p> | <p>Roast Leg of Locally Reared Pork with Bramley Apple Sauce & Gravy</p> <p>Butterbean Kieve Roast Potatoes Baton Carrots Broccoli Florets</p> <p>NOODLE BAR</p> <p>Creamed Rice Pudding</p> <p>Yoghurt & Toppings Cut & Fresh Fruit</p> | <p>Breaded Fish</p> <p>Cheese & Sweetcorn Pizza Swirl</p> <p>Chipped Potatoes Baked Beans</p> <p>PASTA BAR</p> <p>Fruit Sponge & Custard Sauce</p> <p>Yoghurt & Toppings Cut & Fresh Fruit</p> | <p>Jollof Rice with Farm Fresh Chicken</p> <p>Vegetable Egg Fried Rice</p> <p>Green Beans</p> <p>Pineapple Upside Down Cake & Custard Sauce</p> <p>Yoghurt & Toppings Cut Fresh Fruit</p> | <p>Roast British Beef, Yorkshire Puds with Horseradish & Gravy</p> <p>Brie & Sundried Tomato Parcels</p> <p>Roast Potatoes Medley of Vegetables</p> <p>Scone Bread & Butter Pudding Served with Cream</p> <p>Yoghurt & Toppings Cut Fresh Fruit</p> |
| <p>Rarebit Pork Steaks</p> <p>Vegetable Pancakes served with Tomato Salsa</p> <p>Dauphinoise Potatoes Broccoli</p> <p>Mini Salad Bar</p> <p>Fruit Burst Muffins Yoghurt Fresh Fruit</p> | <p>Baked Salmon Fillet with Mustardy Celeriac & Spinach Mash</p> <p>Courgette Rice with Feta & Olives</p> <p>Green Beans</p> <p>Mini Salad Bar</p> <p>Pancakes with Lemon & Sugar Yoghurt Fresh Fruit</p> | <p>Crème Fresh & Coriander Chicken</p> <p>Lemon Squash & Tomato Gratin</p> <p>Minted Potatoes</p> <p>Mini Salad Bar</p> <p>Lemon Posset Yoghurt Fresh Fruit</p> | <p>Herby Lamb Cobbler</p> <p>Red Onion & Goats Cheese Pastries</p> <p>Mashed Potatoes Baby Corn & Sugar Snap Peas Mini Salad Bar</p> <p>Banana Pavlova Yoghurt Fresh Fruit</p> | <p>Grilled Wiltshire Gammon with Glazed Pineapple</p> <p>Cheese, Leek & Potato Layer Bake</p> <p>Baked Baby Potatoes Buttered Cabbage</p> <p>Mini Salad Bar</p> <p>Fresh Fruit Salad Yoghurt Fresh Fruit</p> | <p>Oriental Beef Dumplings with Blackbean Sauce</p> <p>Quorn & Vegetable Stir Fry</p> <p>Baby Corn</p> <p>Mini Salad Bar</p> <p>Yoghurt Fresh Fruit</p> | <p>Stuffed Jacket Potatoes</p> <p>Spaghetti Hoops</p> <p>Mini Salad Bar</p> <p>Ice Cream Sponge with Sliced Strawberries Yoghurt Fresh Fruit</p> |

A SELECTION OF COLD PROTEIN ITEMS AND COMPOSITE SALADS ARE AVAILABLE EACH LUNCHTIME

WE ALSO HAVE A HOT HOME MADE SOUP SERVED WITH CRUSTY BREAD AVAILABLE EACH WEEKDAY LUNCHTIME