

MONKTON PREP SCHOOL - Week 1

Jan-Feb 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast							
<i>Daily offer of Cereals, Porridge, Hobbs House Toast & Preserves, Brown Cow Organic Yoghurt, Fresh Whole or Cut Fruit, Clipper Teas & Infusions</i>							
Hash Browns, Baked Beans Poached Eggs, Grilled Tomatoes English Muffin Fruit Juice	Breakfast Bap Grilled Sausages Sautéed Mushrooms Fried Eggs Freshly Baked Pastries Fruit Juice	Cheese & Ham Croissants Cheese Croissants Crumpets Fruit Juice	Sliced Cheese or Ham, Avocado, Scrambled Eggs Bagels Fruit Platter Fruit Juice	Grilled Bacon Sautéed Mushrooms Fried Egg, Hash Browns Pancakes & Compote Fruit Juice	Scrambled Eggs Baked Beans Grilled Tomatoes Tea Cakes Freshly Baked Pastries Fruit Juice	<p>Full English Breakfast</p> <p>or</p> <p>Brunch, Lunch or Picnic to suit the Boarders’ Activities</p>	
Lunch							
<i>Daily offer of Soup of the Day, Jacket Potatoes with Chefs Daily Fillings, Salads & Condiments, Fresh Bread & Butter, Filtered Drinking Water, Brown Cow Organic Yoghurt & Fresh Whole & Cut Fruit</i>							
Turkey & Leek Pie Roasted Vegetables & Halloumi Bake (v) New Potatoes Roasted Broccoli Sweetcorn Gravy Fruit Trifle	Honey Roast Gammon with Sage & Apricot Stuffing Polenta & Chickpea Bake (v) Roast Potatoes Steamed Carrots, Maple Glazed Parsnips Cabbage, Gravy, Cranberry Sauce Peach & Pear Crumble With Custard	Beef Bolognese Cheese Sauce Tomato Sauce (v) Penne Pasta Sweetcorn, Red or Green Pesto, Garlic Bread, Garden Salad, Parmesan Cheese Apple Sponge & Cream	Grilled Sausages Honey Roast Vegetable Sausages (v) Mashed Potatoes Steamed Garden Peas Roasted Carrots Mustard, Onion Gravy Cranberry Shortbread	Battered Catch of the Day or Cod Fish Fingers Leek, Tomato & Cheddar Quiche (v) Chunky Chips, Baked Beans, Mushy Pea, Peas, Lemon Wedges, Ketchup & Homemade Tartare Sauce Yoghurt & Compote	Slow Roast Chicken & Tomato Sauce Roasted Vegetable & Pesto Bake (v) Penne Pasta, Steamed Beans, Garlic Bread, Garden Salad, Parmesan Cheese Chocolate Muffin		
Supper							
<i>Daily offer of Jacket Potatoes with Chefs Daily Fillings, Salads & Condiments, Fresh Bread & Butter, Filtered Drinking Water, Brown Cow Organic Yoghurt & Fresh Whole & Cut Fruit</i>							
Mexican Beef Chilli Butternut & Butter Bean Chilli (v) Steamed Rice Stir Fry Vegetables Sugar Snaps, Sour Cream & Guacamole, Taco Shells Mars Slice	Breaded Cod Goujons Vegetable Pakora (v) Chunky Chips Peas, Broccoli Lemon Wedges, Ketchup & Homemade Tartare Sauce Fruit Platter	Peri Peri Chicken Breast Cajun Cauliflower Couscous (v) Sugar Snap & Garden Peas, Coleslaw, Sweet Chilli Sauce BBQ Sauce & Mayo Fruit Platter	Cajun Beef Enchiladas Vegetable Enchiladas (v) Mexican Rice Salads, Salsa, Sour Cream, Guacamole & Tortilla Chips Chocolate Brownies	BBQ Pulled Pork Sweet Potato Falafel (v) Pitta bread Crispy Onions Coleslaw Herby Diced Potato Corn Cobs Eve’s Pudding	Beef Burgers Spicy Bean Burger (v) Ultimate Burger Bun Curly Fries, Coleslaw Tomatoes & Cucumber Sliced Cheese, Hot Sauce Sweet Chilli Sauce Ice creams		

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