

MONKTON PREP SCHOOL - Week 1

Feb-Apr 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	Breakfast Bap Grilled Sausages Sautéed Mushrooms Fried Eggs	Cheese & Ham Croissants Cheese Croissants	Sliced Cheese or Ham, Avocado, Scrambled Eggs, Bagels	Grilled Bacon Sautéed Mushrooms Fried Egg Hash Browns	Scrambled Eggs Baked Beans Grilled Tomatoes Tea Cakes	Full English Breakfast
English Muffin Fruit Juice	Freshly Baked Pastries Fruit Juice	Crumpets Fruit Juice	Fruit Platter Fruit Juice	Pancakes & Compote Fruit Juice	Freshly Baked Pastries Fruit Juice	
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>						
Lemon & Herb Marinated Chicken Thigh	Honey Roast Gammon with Fried Eggs	Beef Bolognese	Pork Meatballs	Battered Catch of the Day or Cod Fish Fingers	Slow Roast Chicken & Tomato Sauce	Brunch, Lunch or Picnic to suit the Boarders’ Activities
Roasted Vegetables & Gnocchi Bake (v)	Polenta & Chickpea Slice (v)	Cheese Sauce (v) Tomato Sauce (v)	Honey Roast Sweet Potato Falafel (v)	Leek, Tomato & Cheddar Quiche (v)	Roasted Vegetable & Pesto Bake (v)	
Cajun New Potatoes Roasted Broccoli Sweetcorn Honey & Garlic Sauce	Herby Diced Potatoes Steamed Carrots Garden Peas Mustard	Penne Pasta Sweetcorn, Red or Green Pesto, Garlic Bread, Garden Salad, Parmesan Cheese	Mashed Potatoes Green Beans Roasted Carrots Smoky Gravy	Chunky Chips, Baked Beans, Mushy Peas, Peas, Lemon Wedges, Ketchup & Homemade Tartare Sauce	Penne Pasta, Steamed Beans, Garlic Bread, Garden Salad, Parmesan Cheese	
Rocky Road	Peach & Pear Crumble With Custard	Orange Drizzle Cake	Millionaire’s Shortbread	Yoghurt & Compote	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>						
Jacket Potato Bar	Breaded Cod Goujons Vegetable Pakora (v)	Peri Peri Chicken Breast Cauliflower Steak (v)	Cajun Beef Vegetable Enchiladas (v)	BBQ Pulled Pork Tempura Vegetables (v)	Chicken Burgers Spicy Bean Burger (v)	Boarders’ Choice
Selection of Hot & Cold Fillings	Chunky Chips Broccoli Lemon Wedges, Ketchup & Homemade Tartare Sauce	Israeli Couscous Sugar Snap & Garden Peas, Coleslaw, Crispy Pitta, Sweet Chilli Sauce BBQ Sauce & Mayo	Mexican Rice Salads, Salsa, Sour Cream, Guacamole & Tortilla Chips	Flatbread Crispy Onions Coleslaw Herby Diced Potato Corn Cobs	Ultimate Burger Bun Curly Fries, Coleslaw Tomatoes & Cucumber Sliced Cheese, Hot Sauce Sweet Chilli Sauce	
Banoffee Pot	Fruit Platter	Melon Bar	Rolled Brownies	Cranberry & Apple Sponge	Ice Creams	