

MONKTON PREP SCHOOL - Week 3

MPS SEP - OCT 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Daily offer of Cereals, Porridge, Hobbs House Toast & Preserves, Brown Cow Organic Yoghurt, Fresh Whole or Cut Fruit, Clipper Teas & Infusions					
Sliced Cheese or Ham, Avocado, Smoked Salmon Scrambled Eggs, Bagels Tea Cakes Fruit Juice	Cheese Toasties Scrambled Eggs Spaghetti Hoops Freshly Baked Pastries Fruit Juice	Grilled Bacon Grilled Tomatoes Poached Eggs Crumpets Fruit Juice	Hash Browns Baked Beans Scrambled Eggs English Muffins Fruit Juice	Grilled Sausages Sautéed Mushrooms Fried Egg Pancakes & Berries Fruit Juice	Poached Eggs Baked Beans Grilled Tomatoes Hash Browns Freshly Baked Pastries Fruit Juice	Full English Breakfast or Brunch, Lunch or Picnic to suit the Boarders’ Activities
Lunch	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					
Pork Sausages Vegetarian Sausages (v) Mashed Potatoes, Sweetcorn, Broccoli, Garden Salad, Gravy, Crispy Onions Bread & Butter Pudding	Traditional Roast Beef with Yorkshire Pudding Eggs Florentine (v) Roast Potatoes, Steamed Carrots, Cabbage, Maple Glazed Parsnips, Gravy Apple Crumble with Cream	Carbonara Tomato Sauce or Cheese Sauce (v) Spaghetti, Sweetcorn, Broccoli, Garlic Bread, Garden Salad, Parmesan Cheese Rice Krispie Squares	Crumbed Chicken Strips Tempura Vegetables (v) Steamed Rice Roast Cauliflower Cajun Carrots Tortilla Wraps Selection of Sauces Sprinkle Sponge	Homemade Pizza A selection of toppings for you to choose from Shoestring Fries Corn Ribs Baked Beans Garden Salads Yoghurt & Compote	Beef Lasagne Red Pepper & Vegetable & Tomato Sauce (v) Penne Pasta Sweetcorn, Steamed Beans, Garlic Bread, Garden Salad, Parmesan Cheese Banana & Toffee Muffins	
Supper	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					
Chicken Curry Thai Vegetable Curry (v) Steamed Rice Stir Fried Vegetables Sugar Snap Peas Poppadoms Naan Bread Fruit Platter	Salmon & Dill Fish Cakes Cod Fish Fingers Vegetable Fritters (v) Skinny Fries Baked Beans Garden Peas Tartare Sauce Fruit Platter	Flat Iron Steak Stuffed Portobello Mushroom (v) Roast New Potatoes Steamed Broccoli Grilled Tomato Peppercorn Sauce Chocolate Mousse	BBQ Pulled Pork BBQ Pulled Jackfruit (v) Noodles Flatbreads Roast Corn Cobs Salads Crispy Onions Belgian Waffles & Sauces	Hunter’s Topped Chicken Halloumi & Vegetable Stack (v) Jacket Wedges Green Beans Steamed Broccoli Filled Croissants	Minced Beef & Onion Pie Roast Vegetable Tart (v) Mashed Potato Carrots & Peas Gravy Warm Apple Sponge & Custard	Boarders’ Choice