MONKTON PREP SCHOOL - Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	***Daily offer of Cereals, Porridge, Hobbs House Toast & Preserves, Greek-Style Yoghurt, Fresh Whole or Cut Fruit, Clipper Teas & Infusions***					
Scrambled Eggs Sliced Ham & Cheese Smoked Salmon, Avocado Bagels, Baked Beans Fresh Cut Fruit Fruit Juice	Cheese Toasties Scrambled Eggs Spaghetti Hoops Baked Beans Fresh Cut Fruit Fruit Juice	Grilled Bacon Grilled Tomatoes Poached Eggs Baked Beans, Crumpets Fresh Cut Fruit Fruit Juice	Hash Browns Baked Beans Scrambled Eggs English Muffins Fresh Cut Fruit Fruit Juice	Grilled Sausages Sautéed Mushrooms Fried Egg, Baked Beans Cheese Quesadillas Fresh Cut Fruit 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, Greek-Style Yoghurt, Fresh Whole & Cut Fruit***					
Pork Sausages Vegetarian Sausages (v) Mashed Potatoes, Sweetcorn, Broccoli, Garden Salad, Gravy, Crispy Onions Lemon Drizzle	Traditional Roast Beef with Yorkshire Pudding Seasonal Vegetable & Lentil Loaf (v) Roast Potatoes, Steamed Carrots, Cabbage Maple Glazed Parsnips Gravy Apple & Rhubarb Crumble	Carbonara Tomato Sauce or Cheese Sauce (v) Spaghetti, Sweetcorn Broccoli, Garlic Bread Green Pesto Parmesan Cheese Vanilla Rice Pudding	Southern Fried Chicken Goujons Halloumi & Vegetables Kebabs (v) Steamed Rice Garden Peas Cajun Carrots Bajan Coconut Sauce Chocolate & Pear Sponge	Homemade Pizza A selection of toppings for you to choose from Shoestring Fries Corn Ribs Baked Beans Garden Salads Yoghurt & Compote	Creamy Chicken Sauce Red Pepper & Vegetable & Tomato Sauce (v) Penne Pasta Sweetcorn, Steamed Beans, Garlic Bread, Garden Salad, Parmesan Cheese Selection of Cakes	
Supper	***Daily offer of Jacket Potatoes with Chefs Daily Fillings, Salads & Condiments, Fresh Bread & Butter, Filtered Drinking Water, Greek-Style Yoghurt, Fresh Whole & Cut Fruit***					
Chicken Curry Thai Vegetable Curry (v) Steamed Rice Roast Cauliflower Sugar Snap Peas Poppadoms Naan Bread Fruit Platter	Cod Fish Fingers Mozzarella Sticks (v) Skinny Fries Baked Beans Garden Peas Tartare Sauce Lemon Wedges Fruit Platter	Beef Bourguignon Mushroom Stroganoff (v) Herby New Potato Roast Carrots Garden Peas Crusty Bread Chocolate Mousse	BBQ Pulled Pork BBQ Sticky Vegetables (v) Jacket Wedges Pitta Wraps Roast Broccoli Street Slaw, Crispy Onions Apple Pie & Cream	Sweet & Sour Crispy Chicken Sweet & Sour Crispy Tofu (v) Egg Noodles Mini Spring Rolls Sugar Snaps & Tenderstem Prawn Crackers Berry Cheesecake	Pork Sausage Hot Dogs Veggie Hot Dogs(v) Curly Fries Crispy Onions Ketchup & Mustard Coleslaw Selection of Sauces Fruit Lollies	Boarders' Choice