

# Carleton House Preparatory School

## Weekly Menu - 16th November 2026

Available Daily: Chefs' Soup of the day, selection of sandwiches, jacket potatoes with a choice of fillings

| | Main | Veg Option | Sides | Dessert |
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| Monday | Teriyaki stir fried noodles | Five spice mixed vegetable<br>Egg fried rice | Mixed leaf salad | Fresh fruit bowl<br>Homemade toffee apple cake<br>Banana mousse |
| Tuesday | Baked chicken bites with BBQ sauce | Baked tofu bites with BBQ sauce | Waffle fries<br>Sweetcorn | Fresh fruit bowl<br>No added sugar assorted jelly<br>Homemade yoghurt pots |
| Wednesday | Roast chicken or honey roast gammon | Homemade cauliflower cheese | Rich roast gravy<br>Roast potatoes<br>Carrot & swede | Fresh fruit bowl<br>Belgian waffles<br>Homemade Biscoff cheesecake |
| Thursday | Homemade beef bolognese | Homemade Quorn bolognese | Garlic bread<br>Feta, cucumber & tomato salad | Fresh fruit bowl<br>No added sugar assorted jelly<br>Homemade yoghurt pots |
| Friday | Baked MCS cod fish fingers or homemade cod fishcakes | Protein packed Quorn nuggets | Chips, baked beans, fruity curry sauce and peas | Fresh fruit bowl<br>Homemade vanilla sponge cake<br>Homemade mint rocky road |