

Carleton House Preparatory School

Weekly Menu - 30th November 2026

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

	Main	Veg Option	Sides	Dessert
Monday	Teriyaki stir-fried noodles	Five spiced mixed vegetable Egg fried rice	Mixed leaf salad	Fresh fruit bowl Homemade orange chocolate cake Sugar-free strawberry mousse
Tuesday	Homemade sausage casserole (pork or chicken available)	Homemade vegetable casserole	Mashed potato Broccoli & peas	Fresh fruit bowl No added sugar assorted jelly Homemade yoghurt pots
Wednesday	Homemade lightly seasoned chicken burger	Homemade lightly seasoned vegetable burger	Waffle fries Sweetcorn	Fresh fruit bowl Belgian waffles Homemade white choc & strawberry cheesecake
Thursday	Marinated chicken in rich tomato & basil pasta	Homemade Quorn bolognese	Garlic bread Feta, tomato & cucumber salad	Fresh fruit bowl No added sugar assorted jelly Homemade yoghurt pots
Friday	Baked MCS cod fish fingers	Protein packed Quorn nuggets	Chips, baked beans, fruity curry sauce and homemade mushy peas	Fresh fruit bowl Homemade iced vanilla sponge cake Homemade chocolate brownie