

# Carleton House Preparatory School

## Weekly Menu - 9th 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 | Fresh tomato & basil pasta | Nut free pesto and broccoli pasta | Feta, cucumber & tomato salad<br>Garlic bread | Fresh fruit bowl<br>Homemade Oreo sponge cake<br>Sugar-free strawberry mousse |
| Tuesday | Homemade chicken tikka masala | Homemade vegetable tikka masala | Steamed rice<br>Pilaf rice<br>Onion bhajis<br>Cucumber & mint salad | 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<br>Sage & onion stuffing | Fresh fruit bowl<br>Homemade white chocolate flapjack<br>Homemade Biscoff cheesecake |
| Thursday | Homemade cottage pie | Homemade vegetable cottage pie | Mixed leaf salad<br>Honey roast parsnips<br>Garden peas | 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 homemade mushy peas | Fresh fruit bowl<br>Homemade carrot cake<br>Sugar-free chocolate mousse |