



Carleton House

Preparatory School

Weekly Menu - 28th September 2026

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

Monday	Main	Veg Option	Sides	Dessert
	Fresh tomato & basil wholemeal pasta	Nut-free pesto broccoli pasta	Garlic bread Feta, tomato & cucumber salad	Fresh fruit bowl Homemade Oreo sponge cake No added sugar strawberry mousse
Tuesday	Main	Veg Option	Sides	Dessert
	British pork sausage or chicken sausage casserole	Vegetable sausage casserole	Garden peas & sweetcorn Mashed potatoes	Fresh fruit bowl No added sugar assorted jelly Homemade yoghurt pots
Wednesday	Main	Veg Option	Sides	Dessert
	Roast chicken or roast beef	Homemade cauliflower cheese	Rich roast gravy Homemade roast potatoes Carrot & swede Sage & onion stuffing	Fresh fruit bowl Belgian waffles Homemade Biscoff cheesecake
Thursday	Main	Veg Option	Sides	Dessert
	Teriyaki chicken and vegetable stir fry noodles	Teriyaki vegetable stir fry noodles	Mixed leaf salad Prawn crackers Roasted five-spice mixed vegetables	Fresh fruit bowl No added sugar assorted jelly Homemade yoghurt pots
Friday	Main	Veg Option	Sides	Dessert
	MCS cod fish fingers or homemade cod fishcakes	Veggie nuggets	Chips, baked beans, fruity curry sauce and homemade mushy peas	Fresh fruit bowl Homemade flapjack No added sugar chocolate mousse