



Carleton House

Preparatory School

Weekly Menu - 12th October 2026

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

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