



# Carleton House

## Preparatory School

### Weekly Menu - 19th 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                                                                            |
|-----------|------------------------------------------|--------------------------------------------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
|           | Fresh tomato & basil pasta               | Homemade mac & cheese                      | Mixed leaf salad<br>Garlic bread                                                                   | Fresh fruit bowl<br>Homemade iced lemon cake<br>Chocolate mousse                   |
| Tuesday   | Main                                     | Veg Option                                 | Sides                                                                                              | Dessert                                                                            |
|           | Moroccan chicken & chickpea stew         | Moroccan vegetable & chickpea stew         | Savoury rice<br>Steamed rice<br>Stuffed peppers<br>Flatbread                                       | Fresh fruit bowl<br>No added sugar assorted jelly<br>Homemade yoghurt pots         |
| Wednesday | Main                                     | Veg Option                                 | Sides                                                                                              | Dessert                                                                            |
|           | Roast chicken or honey roast gammon      | Homemade cauliflower cheese                | Rich roast gravy<br>Roast potatoes<br>Carrot & swede<br>Sage & onion stuffing<br>Yorkshire pudding | Fresh fruit bowl<br>Belgian waffles<br>Homemade strawberry & white choc cheesecake |
| Thursday  | Main                                     | Veg Option                                 | Sides                                                                                              | Dessert                                                                            |
|           | Homemade lightly seasoned chicken burger | Homemade lightly seasoned vegetable burger | Mixed leaf feta salad<br>Baked potato wedges<br>Peas & sweetcorn                                   | Fresh fruit bowl<br>No added sugar assorted jelly<br>Homemade yoghurt pots         |
| Friday    | Main                                     | Veg Option                                 | Sides                                                                                              | Dessert                                                                            |
|           | Baked MCS cod fish fingers               | Veggie nuggets                             | Fries, baked beans, fruity curry sauce and peas                                                    | Fresh fruit bowl<br>Homemade carrot cake<br>Homemade chocolate brownie             |