



# Carleton House

## Preparatory School

### Weekly Menu - 21st 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              | Baked broccoli & courgette nut-free pesto pasta | Garlic bread                                                                        | Fresh fruit bowl<br>Homemade lemon & lime drizzle cake<br>Banana mousse       |
| Tuesday   | Main                                              | Veg Option                                      | Sides                                                                               | Dessert                                                                       |
|           | Homemade chicken tikka masala                     | Homemade vegetable tikka masala                 | Onion bhajis<br>Steamed rice<br>Naan bread                                          | Fresh fruit bowl<br>No added sugar<br>assorted jelly<br>Homemade yoghurt pots |
| Wednesday | Main                                              | Veg Option                                      | Sides                                                                               | Dessert                                                                       |
|           | Roast chicken or honey roasted gammon             | Homemade veggie bake                            | Rich roast gravy<br>Homemade roast potatoes<br>Carrot & swede<br>Cauliflower cheese | Fresh fruit bowl<br>Belgian waffles<br>Homemade vanilla cheesecake            |
| Thursday  | Main                                              | Veg Option                                      | Sides                                                                               | Dessert                                                                       |
|           | Baked southern style chicken tenders              | Baked southern style vegan nuggets              | Waffle fries<br>Stuffed baked peppers<br>Sweetcorn                                  | Fresh fruit bowl<br>No added sugar<br>assorted jelly<br>Homemade yoghurt pots |
| Friday    | Main                                              | Veg Option                                      | Sides                                                                               | Dessert                                                                       |
|           | MCS cod fish fingers or homemade haddock fishcake | Quorn nuggets                                   | Chips, baked beans, fruity curry sauce and mushy peas                               | Fresh fruit bowl<br>Homemade chocolate brownie cake                           |