Carleton House Preparatory School

Weekly Menu - 7th September 2026

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

	Main	Veg Option	Sides	Dessert
Monday	Fresh tomato & basil pasta	Feta mixed leaf salad	Garlic bread	Fresh fruit bowl Homemade lemon & lime cake Homemade flapjack
Tuesday	Baked crispy chicken bites with sweet & sour sauce	Baked crispy Quorn bites with sweet & sour sauce	Salt & pepper mixed veg, steamed rice and fried rice	Fresh fruit bowl Sugar-free jelly Homemade yoghurt pots
Wednesday	Roast chicken or honey roast gammon	Homemade cauliflower cheese	Rich roast gravy Homemade roast potatoes Carrot & swede	Fresh fruit bowl Belgian waffles Homemade Oreo cheesecake
Thursday	British pork sausage and mash (chicken alternative)	Quorn sausage and mash	Seasoned wedges Homemade stuffed peppers Mix leaf salad	Fresh Fruit bowl Exotic Fruit Salad Assorted Jelly & Yogurts
Friday	Oven baked MCS cod fish fingers	Veggie fingers	Skin on fries, baked beans, fruity curry sauce and peas	Fresh fruit bowl Homemade white choc rocky road Strawberry mousse