



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

Monday	Main	Veg Option	Sides	Dessert
	Fresh tomato & basil pasta	Feta mixed leaf salad	Garlic bread	Fresh fruit bowl Homemade lemon & lime cake Homemade flapjack
Tuesday	Main	Veg Option	Sides	Dessert
	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	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 Oreo cheesecake
Thursday	Main	Veg Option	Sides	Dessert
	British pork sausage and mash (chicken alternative)	Quorn sausage and mash	Garden peas, caramelised onions and gravy	Fresh Fruit bowl Assorted sugar-free jelly Yoghurt pots
Friday	Main	Veg Option	Sides	Dessert
	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