



Carleton House

Preparatory School

Weekly Menu 13th November 2023

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

	Main	Veg Option	Sides	Dessert
Monday	Penne bolognaises (Quorn mince)	Ratatouille	Garlic bread Tomato, mix leaf salad	Fresh fruit bowl Home-made carrot cake muffin Strawberry Mousse

	Main	Veg Option	Sides	Dessert
Tuesday	Home made beef and vegetable pie	Homemade mixed veg and bean pie	Potato wedges Peas and sweetcorn Mixed leaf Salad	Fresh Fruit bowl Exotic Fruit Salad Assorted Jelly & Yogurts

	Main	Veg Option	Sides	Dessert
Wednesday	Slow cooked pork loin or Roast chicken	Roasted butternut squash, courgette, spinach bake	Seasoned Vegetables (broccoli, carrot, swede) Rich Roast beef Gravy Roasted Potatoes	Fresh fruit bowl White choc Flapjacks Lemon and orange sponge cake

	Main	Veg Option	Sides	Dessert
Thursday	Sweet and sour chicken & red pepper	Sweet and sour pepper, courgette, chestnut mushroom	Steamed rice and mixed leaf salad	Fresh Fruit bowl Exotic Fruit Salad Assorted Jelly & Yogurts

	Main	Veg Option	Sides	Dessert
Friday	Home-made pollock fish fingers	Home-made vegetable fingers (broccoli, carrots, potato, etc)	Chunky chips Baked Beans or Peas and Sweetcorn. Curry Sauce	Fresh fruit bowl Home-made vanilla Cookies Home-made banana muffins