



Carleton House

Preparatory School

Weekly Menu 6th 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	Ratatouille	Fresh tomato & basil Penne pasta	Garlic bread Tomato, mix leaf salad	Fresh fruit bowl Home-made chocolate brownie Strawberry Mousse

	Main	Veg Option	Sides	Dessert
Tuesday	Home-made lightly seasoned chicken burger	Homemade lightly seasoned Vegetable burger	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 topside of beef	Home-made Cauliflower cheese	Seasoned Vegetables (broccoli, carrot, swede) Rich Roast beef Gravy Roasted Potatoes	Fresh fruit bowl White choc Flapjacks Belgian Waffles

	Main	Veg Option	Sides	Dessert
Thursday	Home-made Chicken and leek pie	Quorn mince and onion pie	Roast Parsnip & celeriac Mixed leaf salad	Fresh Fruit bowl Exotic Fruit Salad Assorted Jelly & Yogurts

	Main	Veg Option	Sides	Dessert
Friday	Home-made fish cake (salmon, cod, pollock)	Home-made vegetable cake (broccoli, carrots, potato, etc)	Chunky chips Peas & sweetcorn	Fresh fruit bowl Home-made orange Cookies Home-made Carrot cake muffins