














# Charlton Manor Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
 Cauliflower Mac & Cheese	Hot & Sticky Periperi Chicken Served with Rice	Roast Turkey & Gammon Served With Gravy	Banger & Mash Served with gravy	Fish And Chips & Chicken Wraps
 Curried Vegetable Pasty & Sweet Chilli Sauce	 Fragrant Sweet Potato Spinach & Chick Pea Curry	 Lentils and Vegetables Pie Served With Vegetarian Gravy	 Vegan Sausage & Gravy	 Cheese Wraps Asian Slaw
 Jacket Potato Baked Beans & Cheese	 Jacket Potato Baked Beans & Cheese	 Jacket Potato Baked Beans & Cheese	 Jacket Potato Baked Beans & Cheese	 Jacket Potato with Beans & Cheese
Fresh Vegetables	Mixed Vegetables	Crispy Roast Potatoes & Peas	Fresh Root Vegetables	Sweet Corn & Garden Peas
Rice Pudding Orange Flavour (RS)	Orange Biscuits & Ice Cream (RS)	Blueberry Muffins (RS)	Chocolate Sponge Cake & Vanilla Sauce (RS)	Banana Cake & Custard (RS)

Served Daily – Unlimited Salad Bar, Fresh Fruits, Organic Yoghurt & Homemade Fresh Bread

 Vegetarian 
  Vegan & Vegetarian 
 (NOS) (Naturally Occurring Sugar) 
 (RS) Reduced Sugar  
 Meat Free Day