












Charlton Manor Menu Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
 Vegetarian Pizza	BBQ Chicken Served with Sunshine Rice	Roast Beef with Yorkshire Puddings & Gravy	Meat Balls In Rich Pomodoro Sauce with Penne Pasta	Home Made Fish and Chips Chicken Wraps
 Roasted Vegetables & Asian Slaw	 Fragrant Sweet Potato Spinach & Chickpeas Curry	 Cheese Whirls	 Vegan Meat Balls In Rich Pomodoro Sauce with Penne Pasta	 Phat Thai
 Jacket Potato Baked Beans & Cheese	 Jacket Potato Baked Beans & Cheese	 Jacket Potato Baked Beans & Cheese	 Jacket Potato Baked Beans & Cheese	 Jacket Potato Baked Beans & Cheese
Steamed Carrots	Broccoli & Cauliflower	Crispy Roast Potatoes & Garden Peas	Roasted Vegetables	Garden Peas & Sweetcorn
Apple Crumble & Custard (RS)	Pineapple Coconut Cake (RS)	Sunflower Seeds & Oatmeal Cookies served with Ice Cream (RS)	Fruit Cake (RS)	Trifle (RS)

Served Daily – Seasonal Salads, Fresh Fruits & Homemade Bread Fresh

 Vegetarian
  Vegan & Vegetarian
 (RS) Reduced Sugar