







# Charlton Manor Menu Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
 Jambalaya Pasta With Vegan Sausages	Cajun Chicken Drumstick Served with Rice	Roast Gammon & Roast Turkey Served with Honey & Mustard Sauce	Spaghetti Bolognese Rosemary Focaccia Polenta Bites	Fish and Chips
 Nut Free & Vegan Pesto	 Chickpea & Coconut Dhal Pearl Barley Risotto	 Vegetarian Tacos	 Veggie Spaghetti Bolognese Polenta Bites	 Cheese Wraps
Jacket Potato with Beans & Cheese	Jacket Potato with Beans & Cheese	Jacket Potato with Beans & Cheese	Jacket Potato with Beans & Cheese	Jacket Potato with Beans & Cheese
Sweet Corn	Mixed Vegetables	Carrots & Peas Roasted Potatoes	Fresh Vegetables	Sweet Corn & Garden Peas
Blueberry Cake & Ice Cream (RS)	Orange Shortbread (RS)	Chocolate & Biscuits Pudding (RS)	James & the Giant Peach Jelly (RS)	Coconut Jam Sponge (RS)

Served Daily – Fresh Salad, Fresh Fruits, & Homemade Fresh Bread

 Vegetarian 
  Vegan & Vegetarian 
 (NOS) (Naturally Occurring Sugar) 
 (RS) Reduced Sugar



Meat Free Day