










# CHARLTON MANOR MENU - WEEK 1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mediterranean Roasted Vegetable Pizza 	Southern Style Chicken Served with Rice	Roast Beef with Yorkshire Puddings & Gravy	Jamie's Chicken & Sweet Corn Pie	Homemade Fish And Chips Mushy Peas Salmon With Herby Crust
Creamy Vegetable Pasta Bake 	Quorn Curry Served with Basmati Rice 	Cheese Whirls 	Dhal Served with Chapattis Onion Bhajis & Vegetables Pakoras 	Shepherdess Pie 
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Herby Potatoes Fresh Vegetables	Mixed Vegetables	Crispy Roast Potatoes Fresh Vegetables	Mashed Potatoes Vegetable Medley	Chips Sweet Corn & Garden Peas
Dorset Apple Crumble Cake Served with Custard 	Fresh Fruit Platter 	Chocolate & Date Pudding 	Strawberry Sundae & Wafers 	Mexican Milk Cake 

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

 Vegetarian 
  Vegetarian & Vegan 
  Naturally Occuring Sugar 
  Reduced Sugar 
  Meat Free Monday