

CHARLTON MANOR MENU - WEEK 2



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mac & Cheese Sourdough Crumbs 	BBQ Chicken Served with Rice	Roast Turkey & Gammon Served with Gravy	Penne Pasta Beef Bolognese	Homemade Fish And Chips Mushy Peas
Curried Vegetable Pasty & Sweet Chilli Sauce	Vegetables & Beans Teriyaki	Spiced Chickpea Coriander Falafel Served with Salad, Yogurt & Mint Sauce	Butternut Squash Lasagne	Vegetable Chilli Tortilla Basket With Sour Cream
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Fresh Vegetables	Rice Mixed Vegetables	Crispy Roast Potatoes Fresh Vegetables	Rosemary Focaccia Vegetable Medley	Chips Sweet Corn & Garden Peas
Apple Crumble Served with Custard	Fresh Fruit Platter	Yogurt Fruit Compote	Viennese Biscuits Served with Chocolate Ice Cream	Sponge with Strawberries Sauce Cake

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

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