







# CHARLTON MANOR MENU - WEEK 3



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato & Herb Pasta Served with Roasted Vegetables 	Chilli Con Carne & Chicken Stir Fry Served with Mexican Rice	Pork or Chicken Meat Balls Served with Short Spaghetti	Steak Pie Served with Mash Potatoes & Gravy	Homemade Fish And Chips Scotch Eggs
Vegetable Rolls 	Vegetarian Chilli Con Carne Served with Mexican Rice 	Beans & Vegetables Casserole 	Courgette Cannelloni 	Veggie Hot Dog Served with Homemade Ketchup 
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Herby Potatoes Fresh Vegetables	Mexican Rice Mixed Vegetables	Fresh Vegetables	Mashed Potatoes Vegetable Medley	Chips Sweet Corn & Garden Peas
Super Seedy Orange Granola Bar 	Fresh Fruit Platter 	Chocolate Mousse & Orange Shortbread 	Lemon Drizzle Cake 	Rainbow Ice Cream 

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

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