Charlton Kings Infa <b>Weekly me</b> Monday		Wednesday	Thursday
Veggie Meatballs in Tomato Sauce with Wholegrain Pasta Twists	Pepperoni Pizza with Crisp Potato Wedges	Toad in the Hole with Mashed Potato and Gravy	Garlic and Herb Creamy Chicken and Rice
Cheese and Bean Enchiladas	Sweet and Sour Quorn with Fluffy Rice	Roast Quorn with Mashed Potato and Gravy	Pasta Arrabbiata with Garlic Bread
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables

Cheese and Crackers with Apple Slices

Carrot Cake

Chocolate Tiffin

Jelly with Fruit Wedges

Available daily Fresh Baked Bread, Salads, Yoghurt, Fruit. W'C 4th Sept, 25th Sept, 16th Oct, 13th Nov, 4th Dec, 8th Jan, 29th Jan.



Fish Fingers and Oven Cooked Chips

Cheese and Onion Melts with Oven Cooked Chips

Baked Beans or Peas

Selection of Whole and Sliced Fruits, Yoghurt and Fruit Sauces

