Charlton Kings Infa Weekly me Monday		Wednesday	Thursday	Friday
Macaroni Cheese (Milk, Gluten) and Garlic Bread (Gluten)	Pork Sausages (Gluten, sulphites) and Potato Wedges (GF Available)	Roast Chicken with Roast Potatoes, Stuffing (Gluten) and Gravy	Pepperoni Pizza (Gluten, Dairy) with Crisp Wedges (GF Available)	Fish Fingers (Fish, Gluten) and Oven Cooked Chips (GF Available)
Sweet Potato and Chickpea Curry with Rice (Vegan)	Roasted Vegetable Lasagne (Milk, Gluten)	Quorn Sausage (Gluten) with Roast Potatoes, Stuffing and Gravy (Vegan)	Carrot and Chickpea Falafel in Pitta with Yoghurt Dip (Dairy) (Vegan)	Veggie Fingers (Gluten) and Oven Cooked Chips (Vegan)
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Baked Beans or Peas
Chocolate Chip Shortbread (Gluten, Dairy)	Iced Sponge Cake (Gluten, Egg)	Apricot Flapjack (Gluten)	Ice-Cream (Dairy) with Fruit Slices	Selection of Whole and Sliced Fruits, Yoghurt (Dairy) and Sauces
Available daily Freshly Baked Bread, Salad, Yoghurt, Fruit W/C 19th Feb, 11th Mar, 15th Apr, 6th May, 3	rd Jun 24th Jun 15th Jul			HAR RISON food with thought