

CHARLTON PARK ACADEMY NOVEMBER 2020 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Burger 'Fully Loaded'	Mildly Spiced Chicken Tikka Masala	Roast Turkey with Gravy	Slow Cooked Balsamic Beef	Crispy Battered Fillet of Fish Tomato sauce
Southern Style Veggie Burger	Sweet Potato & Lentil Curry	Cheese and Onion Pasty	Mac 'n' Cheese with Steamed Leeks	Tomato & Sweet Basil Penne Pasta
	Naan Bread	Yorkshire Pudding		
Seasoned Wedges	Basmati Rice	Roast Potatoes	Creamed Mashed Potatoes	Chunky Chips
Baked Beans	Spiced Cauliflower Florets	Savoy Cabbage Sliced Carrots	Broccoli Florets	Garden Peas Baby Carrots
Hand Cut Seasonal Fruits	Hand Cut Seasonal Fruits	Creamy Rice Pudding Fruit Coulis	Hand Cut Seasonal Fruits	Hand Cut Seasonal Fruits

Available Daily - Sandwiches, Home Baked Bread, Yoghurt, Salads, Jacket Potatoes

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 chunky chicken Sausages	Breast of Chicken With a BBQ sauce	Beef and Carrot shortcrust pie	Traditional Bolognese Sauce	Crispy Battered Fillet of Fish Tomato Ketchup
2 Vegetable Sausages	Bean and red pepper Tortilla wrap	Cheddar Cheese & Caramelised Red Onion Tart	Veggie Balls in Tomato sauce	Cheese and Tomato Pizza
Gravy	Seasoned wedges	Mashed Potatoes	Pasta Twists	Chunky Chips
Mashed Potatoes Savoy Cabbage	Corn on the Cob	Garden Peas Carrot Batons	Roasted Mediterranean Vegetables	Mushy Peas Sweetcorn
Hand Cut Seasonal Fruits	Hand Cut Seasonal Fruits	Apple Crumble and Custard	Hand Cut Seasonal Fruits	Hand Cut Seasonal Fruits

Available Daily - Sandwiches, Home Baked Bread, Yoghurt, Salads, Jacket Potatoes