

# CHARLTON MANOR PRIMARY SCHOOL

## WEEKLY MEAL PLAN

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### MONDAY

Sweet tomato pasta with veg balls

Mediterranean tart

Sweetcorn & carrots

Garden peas

### TUESDAY

Organic beef chilli con carne & rice

Home-baked nachos & spicy tomato salsa

Cheesy whirl

Vegetable medley

### WEDNESDAY

Roast turkey with gravy

Vegetarian burritos

Homemade spicy potato wedges

Garden peas

### THURSDAY

Homemade baked chicken nuggets

Sweet potato & lentil korma

Creamed swede & potatoes

Fresh cauliflower florets & garden peas

### FRIDAY

Homemade breaded fish fingers

Veg mince moussaka

Chipped potatoes

Roasted fresh root vegetables  
& garden peas

### DESSERTS

The School Food Plan states that desserts are allowed at lunchtime and that they must not contain any confectionery. Desserts can be a way to include more nutrients in a meal, for example yoghurt or fruit-based desserts.