



C H A R L E S
M A N O R E
S A M P L E
M E N U

D I N N E R

Pan Seared Cod Filet with Herb Butter, Rice Pilaf,
Vegetable Medley

or

Roasted Vegetable Quiche

or

Greek Salad, with Pita Bread and House-made Hummus

or

Mediterranean Pesto Cream Fusilli

or

Roasted Beef Sandwich on WW, with Side Garden Salad

D E S S E R T

Apple Crumble w/ vanilla ice cream