

Appledore Primary School Gluten, Wheat and Dairy Free Menu from January to March 2018

	01 st January , 29 th January and 05 th March	08 th January 05 th February and 12 th March	15 th January , 19 th February and 19 th March	22 nd January, 26 th February and 26 th March
Monday	Jacket Potato with a choice of :- Ham Tuna Beans Dessert of the Day Fresh Fruit	Jacket Potato with a choice of :- Ham Tuna Beans Bolognaise Dessert of the Day Fresh Fruit	Jacket Potato with a choice of :- Ham Tuna Beans BBQ Chicken Dessert of the Day Fresh Fruit	Jacket Potato with a choice of :- Ham Tuna Beans Chilli Dessert of the Day Fresh Fruit
Tuesday	Chicken and Vegetables Roll Corn on the Cob Dessert of the Day Fresh Fruit	BBQ Chicken Potato Wedges Dessert of the Day Fresh Fruit	Sausages Mashed Potatoes Carrots Peas Dessert of the Day Fresh Fruit	Chicken Goujons Potato Wedges Sweetcorn Peas Dessert of the Day Fresh Fruit
Wednesday	Roasted Sausages Roast Potatoes Peas Sweetcorn Gravy Dessert of the Day Fresh Fruit	Roast Gammon Roast Potatoes Carrots Broccoli Gravy Dessert of the Day Fresh Fruit	Chicken Breast Roast Potatoes Cauliflower Peas Gravy Dessert of the Day Fresh Fruit	Roasted Sausages Roast Potatoes Green Beans Sweetcorn Gravy Dessert of the Day Fresh Fruit
Thursday	Omelette Pasta Peas Dessert of the Day Fresh Fruit	Ham Pasta Bake Roll Sweetcorn Dessert of the Day Fresh Fruit	Chicken Stir Fry Rice Sweetcorn Dessert of the Day Fresh Fruit	Meatballs in a Tomato Sauce Pasta Sweetcorn Dessert of the Day Fresh Fruit Salad
Friday	Fish Goujons Fresh Steamed Salmon Chips Baked Beans Peas Dessert of the Day Fresh Fruit	Chicken Goujons Fresh Steamed Cod Chips Baked Beans Peas Dessert of the Day Fresh Fruit	Fish Goujons Fresh Steamed Salmon Chips Baked Beans Peas Dessert of the Day Fresh Fruit Salad	Chicken Goujons Fresh Steamed Cod Chips Beaked Beans Peas Dessert of the Day Fresh Fruit