

Appledore Primary School Dinner Menu from September to December 2019

	02 nd September, 30 th September, 04 th November & 02 nd December	09 th September, 07 th October, 11 th November & 09 th December	16 th September, 14 th October, 18 th November & 16 th December	23 rd September, 28 th October & 25 th November
Mo	Chicken Curry Boiled Rice Naan Bread Cheese and Tomato Pasta Bake Garlic Bread Sweetcorn Jacket Potato with Cheese and Beans Iced Donuts Fruit	Jacket Potato with a choice of :- Ham Tuna Cheese Beans BBQ Chicken Fruit Smoothies Fruit	Hot Dogs in a Roll Vegetable Sausages in a Roll Potato Wedges Baked Beans and Peas Jacket Potato with Cheese and Beans Iced Donuts Fruit	Jacket Potato with a choice of :- Ham Tuna Cheese Baked Beans and Peas Chicken Curry Chocolate Mousse Fruit
Tue	Baked Sausages Spanish Omelette Mashed Potato Baked Beans Peas Jacket Potato with Cheese and Beans Pancakes with Toffee or Chocolate Sauce Fruit	Turkey Burger Cheese and Tomato Omelette Baked Potato Wedges Peas Baked Beans Jacket Potato with Cheese and Beans Jam and Coconut Sponge with Custard Fruit	Beef Meatballs in a tomato Sauce Garlic Bread Vegetable Nuggets Pasta Sweetcorn Jacket Potato with Cheese and Beans Carrot Cake Fruit	BBQ Chicken with Rice Macaroni Cheese Garlic Bread Sweetcorn Peas Jacket Potato with Cheese and Beans Flapjacks Fruit
We	Roasted Gammon Quorn Fillet Yorkshire Pudding Roast Potatoes Broccoli Carrots and Gravy Jacket Potato with Cheese and Beans Ice Cream Fruit	Roast Sausages Quorn Fillet Yorkshire Pudding Roast Potatoes Carrots Broccoli and Gravy Jacket Potato with Cheese and Beans Chocolate Mousse Fruit	Roast Turkey Breast Quorn Fillet Stuffing Balls Roast Potatoes Cauliflower Cheese Carrots and Gravy Jacket Potato with Cheese and Beans Smoothies Fruit	Roast Sausages Quorn Fillet Yorkshire Pudding Roast Potatoes Broccoli Carrots and Gravy Jacket Potato with Cheese and Beans Choc Ices Fruit
Thu	Breaded Cod Fillet New Potatoes Sweetcorn and Peas Macaroni Cheese Garlic Bread Sweetcorn Jacket Potato with Cheese and Beans Chocolate Sponge with Custard Fruit	Spaghetti Bolognese Vegetable Fingers Baked Wedges Garlic Bread Sweetcorn and Peas Jacket Potato with Cheese and Beans Apple Crumble and Custard Fruit	Cottage Pie Baked Cheese and Potato Wheels Carrots French Beans Jacket Potato with Cheese and Beans Chocolate Brownie with Custard Fruit	Cheese and Tomato Pizza Vegetable Sausages Potato Wedges Coleslaw Sweetcorn Jacket Potato with Cheese and Beans Fruit Jelly and Cream Fruit
Fric	Baked Chicken Bites Fresh Steamed Salmon Vegetable Nuggets Chips Baked Beans or Peas Jacket Potato with Cheese and Beans Angel Delight Salad	Baked Chicken Bites Fresh Steamed Salmon Vegetable Nuggets Chips Baked Beans and Peas Jacket Potato with Cheese and Beans Chocolate Crisp Cake Fruit	Baked Chicken Bites Fresh Steamed Salmon Vegetable Sausages Chips Baked Beans and Peas Jacket Potato with Cheese and Beans Artic Roll Fruit	Baked Chicken Bites Fresh Steamed Salmon Vegetable Nuggets Chips Baked Beans and Peas Jacket Potato with Cheese and Beans Shortbread and Custard Fruit