

Appledore Primary School 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	<p>Jacket Potato with a choice of :- Ham Tuna Cheese Cheese and Beans Fruity Chicken Curry</p> <p>Donut Yoghurt Fresh Fruit</p>	<p>Jacket Potato with a choice of :- Ham Tuna Cheese Cheese and Beans Bolognaise</p> <p>Iced Sponge and Custard Fresh Fruit Yoghurt</p>	<p>Jacket Potato with a choice of :- Ham Tuna Cheese Cheese and Beans BBQ Chicken</p> <p>Smoothies Fresh Fruit Yoghurt</p>	<p>Jacket Potato with a choice of :- Ham Tuna Cheese Cheese and Beans Chilli</p> <p>Arctic Roll Fresh Fruit Yoghurt</p>
Tuesday	<p>Chicken and Vegetable Rice Pitta Bread Corn on the Cob</p> <p>Cheese and Tomato Pasta Bake Corn on the Cob</p> <p>Fruit Jelly Raisins Yoghurt</p>	<p>BBQ Chicken Potato Wedges Coleslaw</p> <p>Cheese and Tomato Pizza Potato Wedges Coleslaw</p> <p>Lemon Cheesecake Fresh Fruit Yoghurt</p>	<p>Sausages Veggie Sausages Mashed Potatoes Carrots Peas</p> <p>Chocolate Sponge and Custard Fresh Fruit Yoghurt</p>	<p>Chicken Burger Potato Wedges Sweetcorn Peas</p> <p>Roasted Vegetable Pasta Bake Peas Sweetcorn</p> <p>Raspberry and White Chocolate Cheesecake Fresh Fruit Yoghurt</p>
Wednesday	<p>Roasted Sausages Quorn Fillet Yorkshire Pudding Roast Potatoes Peas Sweetcorn Gravy</p> <p>Strawberry Mousse Fresh Fruit Yogurt</p>	<p>Roast Gammon Quorn Fillet Yorkshire Pudding Roast Potatoes Carrots Broccoli Cheese Gravy</p> <p>Chocolate Mousse Raisins Yoghurt</p>	<p>Chicken Breast Quorn Fillet Stuffing Balls Roast Potatoes Peas Cauliflower Gravy</p> <p>Choc Ice Fresh Fruit Yoghurt</p>	<p>Roasted Sausages Quorn Fillet Yorkshire Pudding Roast Potatoes Broccoli Carrots Gravy</p> <p>Ice Cream Raisins Yoghurt</p>
Thursday	<p>Lasagne Garlic Bread Peas</p> <p>Quorn Curry Rice Naan Bread Peas</p> <p>Apple Crumble and Custard Fresh Fruit Yoghurt</p>	<p>Chicken and Ham Pie Mashed Potatoes Sweetcorn Peas</p> <p>Mac n Cheese Garlic Bread Sweetcorn Peas</p> <p>Banoffee Pie Fresh Fruit Yoghurt</p>	<p>Chicken Stir Fry Noodles Sweetcorn</p> <p>Quorn & Vegetable Rice Pitta Bread Sweetcorn</p> <p>Ginger Cake and Custard Raisins Yoghurt</p>	<p>Meatballs in a Tomato Sauce Pasta Sweetcorn Garlic Bread</p> <p>Cheese and Tomato Omelette Pasta Sweetcorn</p> <p>Jam Sponge and Custard Fresh Fruit Yoghurt</p>
Friday	<p>Fish Fingers Fresh Steamed Salmon Vegetable Nuggets Chips Baked Beans Peas</p> <p>Smoothies Fresh Fruit Yoghurt</p>	<p>Crispy Chicken Bites Fresh Steamed Cod Vegetable Sausage Chips Baked Beans Peas</p> <p>Fruit & Ice Cream Fresh Fruit Yoghurt</p>	<p>Fish Fingers Fresh Steamed Salmon Veggie Fingers Chips Baked Beans Peas</p> <p>Carrot Cake Fresh Fruit Yoghurt</p>	<p>Crispy Chicken Bites Fresh Steamed Cod Vegetable Nuggets Chips Beaked Beans Peas</p> <p>Cheese and Crackers Fresh Fruit Yoghurt</p>