

Appledore School Menu – January 2019 to April 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
7 <sup>th</sup> January 04 <sup>th</sup> February 11 <sup>th</sup> March	Chicken Curry with Boiled Rice & Naan Bread  Cheese and Tomato Pasta Bake With Garlic Bread & Sweetcorn	Sausage Casserole Vegetarian Sausages  Served with Potato Wedges and Baked Beans or Peas	Roasted Gammon Quorn Fillet  Yorkshire Pudding Roast Potatoes Broccoli & Carrots Gravy	Steak Pie New Potatoes Sweetcorn & carrots  Macaroni Cheese Garlic Bread & Sweetcorn	Baked Chicken Bites Vegetable Nuggets  Chips Baked Beans or Peas
14 <sup>th</sup> January 11 <sup>th</sup> February 18 <sup>th</sup> March	Jacket Potato with Cheese or Beans  Southern Fried Chicken Wrap	Turkey Burger Cheese and Tomato Omelette  Baked Potato Wedges Baked Beans or Peas	Roasted Sausages Quorn Fillet  Yorkshire Pudding Roasted Potatoes Peas & Carrots Gravy	Spagheti Bolognese with Garlic Bread, Sweetcorn & Peas  Vegetable Fingers Baked Potato Wedges Sweetcorn & Peas	Baked Chicken Bites Vegetable Nuggets  Chips Baked Beans or Peas
21 <sup>st</sup> January 25 <sup>th</sup> February 25 <sup>th</sup> March	Baked Sausages Jacket Wedges & Sweetcorn  Roasted Vegetable Pasta Bake Garlic Bread & Sweetcorn	Baked Breaded Cod Fillet Vegetable Nuggets  New potatoes Baked Beans or Peas	Roast Turkey Breast Quorn Fillet Stuffing Balls Roast Potatoes Cauliflower Cheese & Carrots Gravy	Cottage Pie with Carrots & French Beans  Chinese Stir Fried Vegetables with Boiled Rice	Baked Chicken Bites Vegetable Sausages  Chips Baked Beans or Peas
28 <sup>th</sup> January 04 <sup>th</sup> March 01 <sup>st</sup> April	Yoghurt Fruit  Jacket Potato with Ham, Tuna, Cheese, Beans Or Chicken Curry  Southern Fried Chicken Wrap	Yoghurt Fruit  Beef Lasagne Spanish Omelette  Garlic Bread, Peas & Sweetcorn	Fruit Yoghurt  Roasted Sausages Quorn Fillet  Yorkshire Pudding Roasted Potatoes Broccoli & Carrots	Fruit Yoghurt  Cheese & Tomato Pizza Vegetable Sausages  Potato wedges Sweetcorn & Colelaw	Fruit Yoghurt  Baked Chicken Bites Vegetable Nuggets  Chips Baked Beans or Peas