

# APPLEGARTH SCHOOL – AUTUMN TERM MENU 2021

	<b>WEEK ONE</b> w/c 6 <sup>th</sup> Sept, 27 <sup>th</sup> Sept, 18 <sup>th</sup> Oct, 15 <sup>th</sup> Nov & 6 <sup>th</sup> Dec	<b>WEEK TWO</b> w/c 13 <sup>th</sup> Sept, 4 <sup>th</sup> Oct, 1 <sup>st</sup> Nov, 22 <sup>nd</sup> Nov & 13 <sup>th</sup> Dec	<b>WEEK THREE</b> w/c 20 <sup>th</sup> Sept, 11 <sup>th</sup> Oct, 8 <sup>th</sup> Nov & 29 <sup>th</sup> Nov
<b>M O N D A Y</b>	Beefburger in a Bun Chipped Potatoes Peas & Carrots Sliced Wholemeal Bread <u>or</u> Tuna Jacket Potato <u>or</u> Ham Sandwich ***** Sticky Date & Apple Bars with Custard Fresh Fruit or Fruit Yoghurt	Chicken Quesadilla with Rice Sweetcorn & Green Beans Sliced Wholemeal Bread <u>or</u> Baked Bean Jacket Potato <u>or</u> Cheese Sandwich ***** Sultana & Oat Cookie Fresh Fruit or Fruit Yoghurt	Minced Beef & Dumpling ½ Jacket Potato Mixed Vegetables Poppy Seed Bread <u>or</u> Cheese Jacket Potato <u>or</u> Tuna Sandwich ***** Chocolate Crispy Fresh Fruit or Fruit Yoghurt
<b>T U E S D A Y</b>	Macaroni Cheese Green Beans & Sweetcorn Crusty Bread <u>or</u> Tuna Jacket Potato <u>or</u> Cheese Panini ***** Cheese & Crackers Fresh Fruit or Fruit Yoghurt	Pasta Bolognese Mixed Greens & Carrots Garlic Bread <u>or</u> Chicken Mayo Jacket Potato <u>or</u> Cheese Panini ***** Cheese & Crackers Fresh Fruit or Fruit Yoghurt	Quorn Dippers & Potato Wedges Green Beans & Sweetcorn Herby Bread <u>or</u> Tuna & Sweetcorn Pasta Pot <u>or</u> Roast Vegetable Panini ***** Cheese & Crackers Fresh Fruit or Fruit Yoghurt
<b>W E D N E S D A Y</b>	Roast Chicken with Stuffing & Gravy Roast Potatoes Medley of Vegetables 50/50 Bread <u>or</u> Baked Bean Jacket Potato <u>or</u> Creamy Cheese Pasta Pot ***** Fruit Muffin Fresh Fruit or Fruit Yoghurt	Sausage Toad in the Hole & Gravy Creamy Mashed Potatoes Broccoli & Swede Herbie Bread <u>or</u> Tuna Jacket Potato <u>or</u> Creamy Cheese Pasta Pot ***** Fruit Mousse Fresh Fruit or Fruit Yoghurt	Roast Pork Loin with Apple Sauce Creamy Mashed Potatoes Broccoli & Carrots 50/50 Bread <u>or</u> Chicken Mayo Jacket Potato <u>or</u> Cheese Sandwich ***** Forest Fruits Roly Poly & Custard Fresh Fruit or Fruit Yoghurt
<b>T H U R S D A Y</b>	Mexican Tortilla Boats Savoury Rice Carrots & Broccoli Pitta Bread <u>or</u> Roast Vegetable Pasta Pot <u>or</u> Chicken & Tomato Panini ***** Fresh Fruit or Fruit Yoghurt	Cheese & Tomato Pizza Diced Potatoes Crunchy Veg Sticks  <u>or</u> Tuna Pasta Pot <u>or</u> Tuna Melt Panini ***** Apple & Berry Crumble & Custard Fresh Fruit or Fruit Yoghurt	Chicken Korma & Rice Green Beans & Cauliflower Naan Bread <u>or</u> Tomato & Basil Pasta Pot <u>or</u> Tuna Panini ***** Fresh Fruit or Fruit Yoghurt
<b>F R I D A Y</b>	Fish & Sweet Potato Cake ½ Jacket Potato Baked Beans or Peas HM Wholemeal Bread <u>or</u> Chicken Pasta Pot <u>or</u> Cheese Sandwich ***** Chocolate Banana Sponge & Chocolate Sauce Fresh Fruit or Fruit Yoghurt	Fish Fingers Chipped Potatoes Carrots & Peas Pumpkin Seed Bread <u>or</u> Baked Bean Jacket Potato <u>or</u> Chicken Sandwich ***** Fruit Shortcake Fresh Fruit or Fruit Yoghurt	Harry Ramsdens Battered Fish Chipped Potatoes Peas & Sweetcorn Sunflower Seed Bread <u>or</u> Cheese Jacket Potato <u>or</u> Ham Sandwich ***** Iced Swiss Bun Fresh Fruit or Fruit Yoghurt