

## The Appleton school – Week 1    Menu January 2023

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| Chicken Tikka with<br>Basmati rice                  | Roast Pork loin                                     | Sweet chilli chicken                                | Beef Lasagne  | BBQ Chicken with<br>Basmati Rice                    |
| Vegetable Burger                                    | Vegetarian Quiche                                   | Vegetable Chow Mein                                 | Vegetable Pizza                                     | Vegetable<br>Tagliatelle                            |
| Parmentier Potatoes                                 | Roast Potatoes,<br>Cauliflower Cheese               | Potato Wedges                                       | Parmentier Potatoes                                 | Potato Wedges                                       |
| Sweetcorn & Broccoli                                | Roast Parsnips, Carrots<br>and Green Beans          | Egg Fried Rice                                      | Broccoli & Carrots                                  | Sweetcorn & Green<br>Beans                          |
| Jacket Potato with<br>Beans, Cheese or Tuna<br>Mayo | Jacket Potato with<br>Beans, Cheese or Tuna<br>Mayo | Jacket Potato with<br>Beans, Cheese or Tuna<br>Mayo | Jacket Potato with<br>Beans, Cheese or Tuna<br>Mayo | Jacket Potato with<br>Beans, Cheese or Tuna<br>Mayo |
| Dessert Of the Day                                  | Apple Crumble                                       | Dessert Of the Day                                  | Apple Crumble                                       | Dessert of the Day                                  |

## The Appleton School – Week 2 Menu January 2023

| Monday  | Tuesday                                       | Wednesday                                     | Thursday                                      | Friday  |
|---|---|---|---|---|
| Chicken Korma with Rice                       | Roast Turkey/<br>Roast Beef                   | Chilli Con Carne with Rice                    | Chicken, Chorizo Rice Pot                     | BBQ Chicken & Vegetables in a Tortilla Wrap   |
| Stuffed Peppers                               | Vegetarian Quiche                             | Vegetable Pasta Bake                          | Macaroni Cheese                               | BBQ Vegetarian Wrap                           |
| Parmentier Potatoes                           | Roast Potatoes & Cauliflower Cheese           | Potato Wedges                                 | Parmentier Potatoes                           | Potato Wedges                                 |
| Steamed Broccoli Florets                      | Roast Parsnips, Carrots & Green Beans         | Sweetcorn & Green Beans                       | Carrots & Broccoli                            | Green Beans & Sweetcorn                       |
|   |   |   |   |   |
| Jacket Potato with Beans, Cheese or Tuna Mayo | Jacket Potato with Beans, Cheese or Tuna Mayo | Jacket Potato with Beans, Cheese or Tuna Mayo | Jacket Potato with Beans, Cheese or Tuna Mayo | Jacket Potato with Beans, Cheese or Tuna Mayo |
| Dessert of the Day                            | Apple Crumble                                 | Dessert of the Day                            | Apple Crumble                                 | Dessert of the Day                            |

## The Appleton School – Week 3 Menu January 2023

| Monday  | Tuesday                                       | Wednesday                                     | Thursday                                      | Friday  |
|---|---|---|---|---|
| Pork Sausage & Mash Potato                    | Roast Chicken Breast                          | Sweet Chilli Chicken                          | Cottage Pie                                   | Chicken/Pork Chow Mein                        |
| Vegetable Risotto                             | Vegetarian Quiche                             | Vegetable Chow Mein                           | Tomato & Basil Pasta Bake                     | Breaded Fish Fillet                           |
| Parmentier Potatoes                           | Roast Potatoes, Cauliflower Cheese            | Potato Wedges                                 | Parmentier Potatoes                           | Wedges  |
| Steamed Broccoli                              | Roast Parsnips, Carrots and Green Beans       | Egg Fried Rice                                | Carrots & Broccoli                            | Sweetcorn                                     |
|   |   |   |   |   |
| Jacket Potato with Beans, Cheese or Tuna Mayo | Jacket Potato with Beans, Cheese or Tuna Mayo | Jacket Potato with Beans, Cheese or Tuna Mayo | Jacket Potato with Beans, Cheese or Tuna Mayo | Jacket Potato with Beans, Cheese or Tuna Mayo |
| Dessert of the Day                            | Apple Crumble                                 | Dessert of the day                            | Apple Crumble                                 | Dessert of the day                            |