

The Appleton school – Week 1 Menu January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Tikka with Basmati rice	Roast of the Day	Sweet chilli chicken	Beef Lasagne	Chicken / Beef Burger
Vegetable Burger	Vegetarian Quiche	Vegetable Chow Mein	Vegetable Pizza / Veg Pasta Bake	Vegetable Taglitella
Parmentier Potatoes	Roast Potatoes, Cauliflower Cheese	Potato Wedges	Parmentier Potatoes	Potato Wedges
Sweetcorn & Broccoli	Roast Parsnips, Carrots and Green Beans	Egg Fried Rice	Broccoli & Carrots	Sweetcorn & Green Beans
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 2 Menu January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Chilli Con Carne with Rice	Roast Of the Day	Sweet Chilli Chicken	Chicken, Chorizo Rice Pot	Chicken / Beef Burger
Stuffed Peppers	Vegetarian Quiche	Vegetable Chow Mein	Macaroni Cheese	Vegetable Burger
Parmentier Potatoes	Roast Potatoes & Cauliflower Cheese	Potato Wedges	Parmentier Potatoes	Potato Wedges
Steamed Broccoli Florets	Roast Parsnips, Carrots & Green Beans	Egg Fried Rice	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 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Korma With Rice	Roast of the Day	Sweet Chilli Chicken	Cottage Pie	Chicken / pork chow Mein
Macaroni Cheese	Vegetarian Quiche	Vegetable Chow Mein	Tomato & Basil Pasta Bake	Breaded Fish Fillet / fish fingers
Parmentier Poatoes	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