



APPLEBY PRIMARY SCHOOL WEEK 1

Freshly
made
every day!

DAY	CHOICE 1	CHOICE 2	CHOICE 3	PUDDING
Monday	Breaded White Fish Fillet served with Chipped Potatoes, Garden Peas and Mixed Salad	Hot Bacon Roll served with Chipped Potatoes, Garden Peas and Salad	Oven Baked Jacket Potato filled with Cheese, Tuna or Beans served with Mixed Salad	Iced Grasmere Ginger Slice or Orange Sponge Cake with a Milk Drink or Fresh Fruit or Yoghurt
Tuesday	Toad in the Hole served with Creamed Potatoes, Carrots, Cabbage and Gravy	Tuna & Sweetcorn Pasta Bake served with Coleslaw	Filled Sandwich with a choice of Cheese, Ham or Egg served with Cucumber Sticks and Mixed Salad	Paris Sandwich & Custard or Golden Crispy Cake or Fresh Fruit or Yoghurt
Wednesday	Roast of the Week Gammon served with Pineapple, Roast Potatoes, Broccoli and Carrot & Turnip	Cheesy Tomato & Basil Bake Roast Potatoes and Broccoli	Hot Cheese Baguette served with Roast Potatoes, Broccoli and Carrot & Turnip	Vanilla Ice Cream Tub or Kitchen Made Cookie or Fresh Fruit or Yoghurt
Thursday	Chicken Casserole served with Creamed Potatoes and Whole Green Beans	Kitchen Made Cheese or Pepperoni Pizza served with Baked Beans and Cucumber Batons	Cheese & Coleslaw Jacket Potato served with Baked Beans and Salad	Caramel Shortcake or Apple Crumble & Custard or Fresh Fruit or Yoghurt
Friday	Beef Lasagne served with Garlic Slice, Peas and Salad	Crispy Turkey Grill served with 1/2 Jacket Potato, Peas and Coleslaw	Cheese & Ham Bagel served with Coleslaw and Crunchy Salad	Strawberry Mousse or Jam & Cream Scone or Fresh Fruit or Yoghurt

Available Daily: Fresh Fruit and Bread!

If you have any questions about food allergens please speak to the kitchen team who will be happy to help.

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APPLEBY PRIMARY SCHOOL WEEK 2

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DAY	CHOICE 1	 CHOICE 2	CHOICE 3	PUDDING
Monday	Breaded Fish Fingers served with Chipped Potatoes, Garden Peas and Tomato Sauce	Kitchen Made Beef & Vegetable Pie served with Creamed Potatoes and Pickled Beetroot	Tortilla Wrap filled with Tuna or Cheese served with Curried Rice and Sultanas	Iced Sponge & Custard or Strawberry Rock Bun or Fresh Fruit or Yoghurt
Tuesday	Pork & Apple Grill in a Soft Bap served with Baked Beans and Cucumber Sticks	Mild & Creamy Chicken Korma served with Rice, Garlic & Coriander Naan, Cucumber Sticks and Salad	Filled Sandwich with a choice of Ham, Cheese or Tuna served with Cucumber & Carrot Batons and Salad	Kitchen Made Ginger Sponge & White Sauce or Shortbread Finger or Fresh Fruit or Yoghurt
Wednesday	Roast of the Day Roast Chicken Dinner served with Stuffing, Roast Potatoes, Creamed Potatoes, Apple Sauce, Broccoli	Seasonal Vegetables in a Cheesy Sauce served with Roast Potatoes and Wholemeal Bread	Oven Baked Jacket Potato filled with Cheese Savoury or Tuna Mayonnaise served with Salad	Fruit Jelly & Pineapple or Sydney Special or Fresh Fruit or Yoghurt
Thursday	Beef Bolognise served with Pasta Shells, Golden Sweetcorn and Salad	Kitchen Made Cheese & Red Onion Quiche served with Chunky Potato Wedges and Kitchen Made Coleslaw	Hot Cheese & Ham Baguette served with Sweetcorn and Coleslaw	Kitchen Made Sticky Toffee Pudding & Cream or Oaty Biscuit or Fresh Fruit or Yoghurt
Friday	Kitchen Made Sausage Roll served with Creamed Potatoes, Green Beans, Baby Carrots and Gravy	Kitchen Made Vegetable Lasagne served with Garlic Slice and Mixed Salad	Soft Wholemeal Roll filled with Cheese, Ham or Tuna served with Potato Wedges	Semolina & Jam or Sultanas or Sugar Ring Doughnut with an Orange Wedge or Fresh Fruit or Yoghurt

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APPLEBY PRIMARY SCHOOL

WEEK 3

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DAY	CHOICE 1 	CHOICE 2	CHOICE 3	PUDDING
Monday	Breaded Wholemeal Salmon Fillet served with Baby Potatoes, Sweetcorn and Coleslaw	Pork Sausages served with Creamed Potatoes, Cabbage, Sweetcorn and Gravy	Oven Baked Jacket Potato filled with Cheese or Tuna served with Salad	Kitchen Made Chocolate Crunch & Hot Chocolate Sauce or Frozen Toffee Yoghurt or Fresh Fruit or Yoghurt
Tuesday	Kitchen Made Cheese or Ham Pizza served with Spaghetti Hoops and Fresh Vegetable Batons	Chicken Fajitas served with Curried Rice and Fresh Vegetable Batons	Cold Baguette filled with Cheese, Tuna or Ham served with Curly Fries, Lettuce and Sweetcorn	Oaty Flapjack & Custard or Iced Carrot Cake or Fresh Fruit or Yoghurt
Wednesday	Roast of the Day Roast Beef served with Yorkshire Pudding, Roast Potatoes, Creamed Potatoes, Broccoli, Fresh Carrots and Gravy	Cheesy Leek & Potato Bake served with Broccoli and Carrot	Soft White Filled Roll filled with Tuna Savoury or Ham served with Roast Potatoes and Grated Carrot	Vanilla Ice Cream Roll with Mandarins or Banana Pancakes served with Raspberry Sauce or Fresh Fruit or Yoghurt
Thursday	Kitchen Made Chicken Bites served with Curly Fries, Peas and Grated Carrot	Macaroni Cheese served with Peas and Grated Carrot	Filled Cheese Wrap served with Potato Salad and Mixed Salad	Sticky Chocolate Pudding with Cream or Ginger Biscuit or Fresh Fruit or Yoghurt
Friday	Minced Beef & Dumplings served with Mashed Potatoes, Cabbage and Pickled Beetroot	Cheese & Onion Lattice Rolls served with Mashed Potatoes and Spaghetti Hoops	Hot Cheesy Baguette served with Baked Beans and Cucumber Batons	Iced Finger Bun or Creamy Rice Pudding & Peaches or Fresh Fruit or Yoghurt

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