



# APPLEBY PRIMARY SCHOOL WEEK 1



DAY	CHOICE 1	CHOICE 2	CHOICE 3	PUDDING
<b>Monday</b>	<b>Breaded White Fish Fillet</b> served with Chips, Garden Peas, Tomato Sauce and Mixed Salad	<b>Tomato &amp; Basil Pasta Bake</b> served with Crusty Baguette, Grated Carrot & Salad	<b>Oven Baked Jacket Potato</b> filled with Tuna or Cheese served with Crunchy Coleslaw & Mixed Salad	<b>Chocolate Brownie &amp; Custard</b> or <b>Strawberry Rock Bun</b> or Fresh Fruit or Yoghurt
<b>Tuesday</b>	<b>Cumberland Sausage</b> served with Pasta Spirals, Baby Carrots, Sweetcorn and Gravy	<b>Kitchen Made Veggie Grill</b> served with Homemade Wedges, Baked Beans, Coleslaw & Salad	<b>Filled Soft White Bun</b> with a choice of Ham or Egg served with Homemade Wedges and Sultanas	<b>Kitchen Made Ginger Sponge &amp; White Sauce</b> or <b>Plain Cookie</b> or Fresh Fruit or Yoghurt
<b>Wednesday</b>	<b>Roast of the Week</b> Roast Ham served with Pineapple, Roast Potatoes, Broccoli and Fresh Sliced Carrots	<b>Cheese Flan</b> Roast Potatoes, Broccoli & Crunchy Salad	<b>Hot Cheese Baguette</b> served with Roast Potatoes and Fresh Salad	<b>Happy Face Ice Cream</b> or <b>Kitchen Made Chocolate Cookie</b> or Fresh Fruit or Yoghurt
<b>Thursday</b>	<b>Creamy Chicken Korma</b> served with Basmati Rice, Naan Bread, Sweetcorn & Salad	<b>Pork Meatballs in a Homemade Tomato Sauce</b> served with Basmati Rice and Sweetcorn	<b>Filled Sandwich</b> With a choices of Egg, Tuna or Ham served with Herby Potatoes & Salad	<b>Raspberry Jelly &amp; Mandarins</b> or <b>Iced Carrot Cake</b> or Fresh Fruit or Yoghurt
<b>Friday</b>	<b>Savoury Minced Beef</b> served with Mashed Potatoes, Crunchy Cabbage & Mixed Vegetables	<b>Macaroni Cheese</b> served with 1/2 Wholemeal Bread and Coleslaw	<b>Oven Baked Jacket Potato</b> Filled with Cheese served with Baked Beans & Salad	<b>Apple &amp; Peach Crumble &amp; Custard</b> or <b>Vanilla Ice Cream Tub</b> 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.





# APPLEBY PRIMARY SCHOOL WEEK 2

Freshly  
made  
every day!

DAY	CHOICE 1	 CHOICE 2	CHOICE 3	PUDDING
<b>Monday</b>	<b>Breaded Fish Fingers</b> served with Curly Fries, Garden Peas, Tomato Sauce & Salad	<b>Chicken &amp; Vegetable Pie</b> served with Creamed Potatoes, Garden Peas & Gravy	<b>Oven Baked Jacket Potato</b> filled with Tuna or Cheese served with Baked Beans & Crunchy Salad	<b>Apricot Flapjack &amp; Custard</b> or <b>Chocolate Whirl Biscuit</b> or Fresh Fruit or Yoghurt
<b>Tuesday</b>	<b>Kitchen Made Cheese &amp; Tomato Pizza</b> served with Spaghetti Hoops & Crispy Salad	<b>Chicken Strips</b> served with Brown Rice, Kitchen Made Sauce & Carrot & Cucumber Batons	<b>Freshly Filled Baguette</b> with a choice of Cheese or Tuna served with Potato Wedges and Salad	<b>Iced Sponge &amp; Custard</b> or <b>Strawberry Frozen Yoghurt</b> or Fresh Fruit or Yoghurt
<b>Wednesday</b>	<b>Roast of the Day</b> Roast Chicken Dinner served with Mashed Potatoes, Broccoli, Carrot & Turnip & Gravy	<b>Vegetable Lasagne</b> served with Roast Potatoes and Garlic Bread & Salad	<b>Tuna Wrap</b> served with Roast Potatoes and Cucumber & Carrot Batons	<b>Golden Crispy Cake</b> or <b>Banana &amp; Chocolate Muffin &amp; Custard</b> or Fresh Fruit or Yoghurt
<b>Thursday</b>	<b>Hot Dog in a Soft Roll</b> served with Baked Beans, Carrot Batons and Salad	<b>Diced Beef &amp; Vegetable Casserole</b> served with Mashed Potatoes & Crunchy Cabbage	<b>Hot Cheese Baguette</b> served with Baked Beans, Grated Carrot and Coleslaw	<b>Iced Grasmere Gingerbread</b> or <b>Sticky Chocolate Pudding &amp; Cream</b> or Fresh Fruit or Yoghurt
<b>Friday</b>	<b>Spaghetti Bolognaise</b> served with Pasta Spirals, Garlic Bread & Garden Peas	<b>Wholemeal Salmon Squares</b> served with Simply Potato Wedges, Baked Beans & Cucumber Batons	<b>Freshly Filled Sandwich</b> filled with Cheese, Ham, Tuna or Egg served with Potato Herby Roasts & Coleslaw	<b>Shortbread Finger &amp; Milkshake</b> or <b>Peppermint Crunch</b> 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
<b>Monday</b>	<b>Breaded Coddies</b> served with Chips, Garden Peas, Tomato Sauce & Salad	<b>Hot Bacon Roll</b> served with Chipped Potatoes, Tomato Sauce & Salad	<b>Oven Baked Jacket Potato</b> filled with Cheese or Tuna served with Coleslaw & Mixed Salad	<b>Kitchen Made Chocolate Crunch &amp; Chocolate Sauce</b> or <b>Ice Cream Roll &amp; Peaches</b> or <b>Fresh Fruit or Yoghurt</b>
<b>Tuesday</b>	<b>Minced Beef &amp; Dumplings</b> Served with Mashed Potatoes, Crunchy Cabbage & Mixed Vegetables	<b>Cheese &amp; Onion Lattice Rolls</b> served with Mashed Potatoes, Spaghetti Hoops & Coleslaw	<b>Freshly Made Sandwich</b> filled with Cheese, Tuna, Egg or Ham served with Oven Baked Wedges & Mixed Salad	<b>Caramel Shortcake</b> or <b>Sticky Toffee Pudding &amp; Cream</b> or <b>Fresh Fruit or Yoghurt</b>
<b>Wednesday</b>	<b>Roast of the Day</b> Roast Beef served with Yorkshire Pudding, Roast Potatoes, Carrots, Garden Peas and Gravy	<b>Italian Chicken</b> served with Pasta Spirals, Garden Peas & Salad	<b>Hot Cheese Baguette</b> served with Roast Potatoes and Fresh Crunchy Salad	<b>Banana Pancakes with Raspberry Sauce</b> or <b>Sydney Special</b> or <b>Fresh Fruit or Yoghurt</b>
<b>Thursday</b>	<b>Kitchen Made Sausage Roll</b> served with Mashed Potatoes, Baby Carrots, Sweetcorn & Gravy	<b>Tuna &amp; Sweetcorn Pasta Bake</b> served with and Grated Carrots	<b>Cheese Tortilla Wrap</b> served with Curly Fries and Mixed Salad	<b>Iced Sponge Bun &amp; Custard</b> or <b>Chocolate Mousse</b> or <b>Fresh Fruit or Yoghurt</b>
<b>Friday</b>	<b>Turkey Burger in a Soft Bap</b> served with Spaghetti Hoops, Carrot & Cucumber Sticks	<b>Sweet &amp; Sour Chicken</b> served with Brown Rice, Garden Peas & Salad	<b>Cheese &amp; Ham Bagel</b> served with Rainbow Cous Cous & Mixed Salad	<b>Strawberry Jam Roly Poly &amp; Custard</b> or <b>Oaty Biscuit</b> or <b>Fresh Fruit or Yoghurt</b>

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