



APPLEBY PRIMARY SCHOOL LUNCH MENUS

WEEK ONE				
Monday	Chicken Goujon served with Seasoned Diced Potato & Baked Beans G, So, S	Macaroni Cheese M, G with Crusty Bread G and Garden Peas	Filled Baguette with Tuna G, E, F Cheese G, M , Ham G or Egg G, E ALL MAY CONTAIN Se, E	Kitchen made Chocolate Sponge G served with chocolate sauce M , Yoghurt M or Fresh Fruit
Tuesday	Kitchen made Sausage Rolls G, S, M, E with Mashed Potatoes, Carrots, Peas and Gravy	Salmon Fish Fingers F with Mashed Potatoes and Baked Beans	Filled Sandwich Tuna So, E, F, G Cheese G, M, So , Egg G, E, So or Ham G, So	Vanilla Ice Cream M served with mandarins, Yoghurt M or Fresh Fruit
Wednesday	Cheese and Tomato Pizza G, M served with Baked Beans	Sweet and Sour Chicken So, G with Brown Rice and Garden Peas	Filled Baguette with Tuna G, E, F Cheese G, M , Ham G or Egg G, E ALL MAY CONTAIN Se, E	Fruity Flapjack & Custard G, M Yoghurt M or Fresh Fruit
Thursday	Sliced Roast Pork served with Yorkshire Pudding G, E, M Mashed Potatoes, Broccoli, Carrot and Turnip and Gravy	Vegetable Sausage G served with Yorkshire Pudding G, E, M Mashed Potatoes, Broccoli, Carrot and Turnip and Gravy	Filled Jacket Potato with Cheese M or Beans	Chocolate Crunch G E & Custard M Yoghurt M or Fresh Fruit MAY CONTAIN S
Friday	Breaded White Fish F, G , Chips & Garden Peas and Tomato Ketchup	Beef Lasagne G, M served with Garlic Bread G and Peas	Filled Sandwich Tuna So, E, F, G Cheese G, M, So , Egg G, E, So or Ham G, So ,	Raspberry Ripple Mousse M served with Raisins, Yoghurt M or Fresh Fruit



Available Every Day

Fresh sliced baguette **G, Se, E**

Salad bar including fresh salad vegetables, dried fruit, homemade coleslaw **E** and homemade sweet chilli pasta **G**

ALLERGENS CONTAINED IN MEAL ARE LISTED NEXT TO MENU ITEM

M-MILK, G – GLUTEN, S- SULPHITES, E – EGGS, So – SOYA, F – FISH, Se – SESAME, Mu – MUSTARD, C - CELERY



APPLEBY PRIMARY SCHOOL LUNCH MENUS

WEEK TWO				
Monday	Cheese & Bacon Pasta Bake G,M and Garden Peas	Kitchen Made Cheese & Tomato Pizza G,M served with Spaghetti Hoops G Carrot & Cucumber Batons	Filled Jacket Potato with Cheese M , Tuna Mayonnaise E, F or Beans S	Raspberry Ice Cream Sponge Roll G,M with Peach Slices, Yoghurt M or Fresh Fruit
Tuesday	Breaded Chicken Pieces G served with Baby Roast Potatoes, Baked Beans	Minced Beef Pie G,E served with Carrots and Garden Peas	Filled Baguette with Tuna G,E,F Cheese G,M , Ham G or Egg G,E ALL MAY CONTAIN Se,E	Kitchen made Shortbread G and Custard M , Yoghurt M or Fresh Fruit
Wednesday	Pasta Bolognese G served with Garlic Bread G and Sweetcorn	Chicken Casserole, Mashed Potatoes & Sweetcorn	Filled Sandwich Tuna So,E,F,G Cheese G,M,So , Egg G,E,So or Ham G,So	Sticky Toffee Pudding G and Ice Cream M , Yoghurt M or Fresh Fruit
Thursday	Toad in the Hole G,S,M,E served with Mashed Potatoes, Carrots, Broccoli and Gravy	Vegetable Sausage G and Yorkshire Pudding G,M,E served with Mashed Potatoes, Carrots, Broccoli and Gravy	Filled Wrap G Ham, Cheese M or Tuna F,E	Grasmere Gingerbread G and Fresh Milk M , Yoghurt M or Fresh Fruit
Friday	Breaded Whitefish F,G served with Chips, Garden Peas and Ketchup	Beef Tacos with cheese & salad M	Filled Sandwich Tuna So,E,F,G Cheese G,M,So , Egg G,E,So or Ham G,So	Oaty Cookie G with raisins & milk M , Yoghurt M or Fresh Fruit



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Salad bar including fresh salad vegetables, dried fruit, homemade coleslaw **E** and homemade sweet chilli pasta **G**

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WEEK THREE				
Monday	Battered Chicken G,M , Potato Waffles, Baked Beans	Cheese and Tomato Pizza G,M served with Baked Beans	Filled Baguette with Tuna G,E,F Cheese G,M , Ham G or Egg G,E ALL MAY CONTAIN Se,E	Chocolate Cookie & Orange Segments G , Yoghurt M or Fresh Fruit
Tuesday	Butcher's Sausage in a Hot Dog Roll G,S,M served with Spaghetti Hoops G , Carrot & Cucumber Batons	Cheesy Leek & Potato Bake served with Peas & Sweetcorn G,M	Filled Sandwich Tuna So,E,F,G Cheese G,M,So , Egg G,E,So or Ham G,So	Jam Roly-Poly G served with Custard M , Yoghurt M or Fresh Fruit
Wednesday	Roast Beef served with Yorkshire Pudding G,M,E , Mashed Potatoes, Broccoli, Baby Carrots and Gravy	Cheesy Tomato Pasta M,G served with Crusty Bread G and Broccoli	Filled Jacket Potato with Cheese M , Tuna Mayonnaise E, F or Beans	Frozen Chocolate Mousse M and Raisins, Yoghurt M or Fresh Fruit
Thursday	Minced Beef and Dumplings G served with Potatoes and Sweetcorn	Bacon & Cheese Pasta M,G served with Sweetcorn & Crusty Bread G	Filled Sandwich Tuna So,E,F,G Cheese G,M,So , Egg G,E,So or Ham G,So	Kitchen Made Iced Sponge G,E and Mandarins served with Custard M , Yoghurt M or Fruit
Friday	Breaded Pollock Fish Fingers G,M served with Chips and Garden Peas	Chicken Korma M served with Brown Rice, Peas and Garlic Bread G	Filled Baguette with Tuna G,E,F Cheese G,M , Ham G or Egg G,E ALL MAY CONTAIN Se,E	Banana Pancake M,G,E Yoghurt M or Fresh Fruit



Available Every Day

Fresh sliced baguette **G,Se,E**

Salad bar including fresh salad
vegetables, dried fruit, homemade
coleslaw **E** and homemade sweet chilli
pasta **G**

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