APPLEBY PRIMARY SCHOOL LUNCH MENUS

WEEK ONE				
Monday	Cheese and Tomato Pizza served with Baked Beans, Carrot and Cucumber Batons *M,G*	Sausage Casserole served with pasta Spirals, Garden Peas & Carrot & Cucumber Batons *G,M,S*	Filled Jacket Potato with Cheese *M*, Tuna *E, F* or Cheese & Beans *M,S* served with Salad Bar	Chocolate Cookie & Milk Drink *G,M*, Yoghurt *M* or Fresh Fruit
Tuesday	Chicken Goujons served with Mini Roast Potatoes, Chilli Sauce, Spaghetti Hoops & Carrot & Cucumber *So, G*	Kitchen Made Minced Beef Pie served with Carrots and Garden Peas *G,E*	Filled Sandwich (Tuna *So,F,M,Mu,G,S* Cheese *G,M,S*, Egg *G,E,S* or Ham *G,S*) served with Salad Bar	Fruity Flapjack and Custard *G,M,* Yoghurt *M* or Fresh Fruit
Wednesday	Sliced Roast Pork served with Mashed Potatoes, Broccoli, Carrot and turnip and Gravy	Vegetable Sausage served with Mashed Potatoes, Broccoli, Carrot and Turnip and Gravy *G*	Filled Wrap with Tuna *G,E,F,* or Cheese *G,M,E* served with Salad Bar	Vanilla Ice Cream Tub *M* and Mandarins, Yoghurt *M* or Fresh Fruit
Thursday	Pasta Bolognaise served with Garlic Bread and Sweetcorn & Peas *G,M*	Cheese Flan served with Baked Beans *M,S,G,E*	Filled Sandwich (Tuna *So,F,M,Mu,G,S* Cheese *G,M,S*, Egg *G,E,S* or Ham *G,S*) served with Salad Bar	Chocolate Crunch and Custard *G,E,M*, Yoghurt *M* or Fresh Fruit
Friday	Breaded Fish Fingers, Chips and Garden Peas **F,G**	BBQ Chicken served with Brown Rice and Garden Peas	Filled Jacket Potato with Cheese *M*, Tuna *F,E* or Beans *S* served with Salad Bar	Banana Pancake *G,M,E*, Yoghurt *M* or Fresh Fruit



Available Every Day
Fresh homemade bread ***G,S,M***
Salad bar including fresh salad vegetables, dried fruit, homemade coleslaw *E*

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	Chicken Chunks served with Potato Waffles, Spaghetti Hoops, Cucumber and Carrot Batons *E,M,G,C*	Cheese and Bacon Pasta Bake served with Crusty Bread and Sweetcorn *G,M*	Filled Sandwich (Tuna *So,F,M,Mu,G,S* Cheese *G,M,S*, Egg *G,E,S* or Ham *G,S*) served with Salad Bar	Kitchen Made Shortbread and Custard *G,M*, Yoghurt *M* or Fresh Fruit
Tuesday	Cheese & Tomato Pizza, Baked Beans, Carrot & Cucumber Batons *G,M*	Vegetable Sausage served with Mashed Potatoes, Baby Carrots and Peas *G*	Filled Jacket Potato with Cheese *M*, Tuna *F, E* or Beans *S* served with Salad Bar	Vanilla Ice Cream *M* and Mandarins, Yoghurt *M* or Fresh Fruit
Wednesday	Roast Chicken served with Yorkshire Puddings, Mashed Potato, Peas, Carrot & Swede and Gravy *G,M,E*	Breaded Fishcake served with Mashed Potato, peas & Carrots *F,G*	Filled Sandwich (Tuna *So,F,M,Mu,G,S* Cheese *G,M,S*, Egg *G,E,S* or Ham *G,S*) served with Salad Bar	Chocolate Cookie, Raisins and Milk *M,G* Drink, Yoghurt *M* or Fresh Fruit
Thursday	Minced Beef and Dumplings served with Mashed Potatoes, Broccoli and Carrots *G*	Cheese Twirl, Mashed Potatoes & Baked Beans *G,M, So, E* *May contain nuts*	Filled Baguette (Ham *G*, Cheese*G,M*, Egg *G,E* or Tuna *G,E,,F*) served with Chilli Pasta Salad *E* *ALL MAY CONTAIN SE,E*	Ginger Sponge and Custard *G,E,M*, Yoghurt *M* or Fresh Fruit
Friday	Breaded White Fish served with Chips and Garden Peas *F,G*	Chicken and Vegetable Pie served with Garden Peas *G,E*	Filled Jacket Potato with Cheese *M* or Tuna *F, E* served with Salad Bar	Plain Cookie & Milk Drink *M,G*, Yoghurt *M* or Fresh Fruit



Available Every Day
Fresh homemade bread ***G,S,M***
Salad bar including fresh salad vegetables, dried fruit, homemade coleslaw *E*

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 THREE				
Monday	Cheese and Tomato Pizza served with Baked Beans and Salad Bar *G,M*	Chicken Tikka Masala served with Brown Rice & Garden Peas *M*	Filled Jacket Potato with Cheese *M*, Tuna *F E* or Beans *S* served with Salad Bar	Chocolate Ice-cream Roll served with Mandarins *G,M*, Yoghurt *M* or Fresh Fruit
Tuesday	Pork Sausages served with Mashed Potatoes, Green Beans, Baby Carrots and Gravy *Su,M,G*	Vegetable Sausages, Mashed Potatoes, Peas, Baby Carrots & Gravy *G*	Filled Baguette (Ham *G*, Cheese *G,M*, Egg *G,E*, or Tuna *G,E,F*) served with Salad Bar *ALL MAY CONTAIN SE, E*	Custard Cream Cookie & Milk Drink *G,M* Yoghurt *M* or Fresh Fruit
Wednesday	Roast Beef served with Yorkshire Pudding, Mashed Potatoes, Broccoli, Carrots and Gravy *E,G,M*	Salmon Fingers served with Mashed Potatoes and Baked Beans *F,S*	Filled Sandwich (Tuna *So,F,M,Mu,G,S* Cheese *G,M,So*, Egg *G,E,So* or Ham *G,So*) served with Salad Bar	Marble Sponge, Peaches and Custard *G,M,E*, Yoghurt *M* or Fresh Fruit
Thursday	Crispy Chicken Bap served with Baked Beans, Coleslaw, Carrot and Cucumber Batons *M,G*	Tomato & Cheese Pasta Bake served with Crusty Bread and Sweetcorn *G,M,F*	Filled Baguette (Ham *G*, Cheese *G,M*, Egg *G,E*, or Tuna *G,E,F*) served with Salad Bar *ALL MAY CONTAIN SE, E*	Grasmere Gingerbread *G,M*, Yoghurt *M* or Fresh Fruit
Friday	Breaded White Fish served with Chips and Garden Peas *F,G*	Vegetable Korma served with Brown Rice, Naan Bread and Garden Peas *M,G*	Filled Jacket Potato with Cheese *M*, Tuna *F,E* or Beans *S* served with Salad Bar	Oaty Cookies with Milk Drink *G,M*, Yoghurt *M* or Fresh Fruit



Available Every Day
Fresh homemade wholemeal bread *G* Salad bar including fresh salad vegetables, dried fruit, homemade coleslaw *E, M*

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