



# TEBAY PRIMARY SCHOOL

## WEEK 1



**DAY** **CHOICE 1** **CHOICE 2** **PUDDING**

**Monday** served with **Fish Fingers** served with **Oven Chips, Sweetcorn and Peas and Tomato Ketchup** **Freshly Made Sandwich** filled with **Cheese, Tuna or Ham or Oven Baked Jacket Potato** filled with **Tuna, Cheese or Beans** **Oat Cookie and a Milk Drink** or **Fresh Fruit or Yoghurt**

**Tuesday** served with **Pasta Bolognese** served with **Garlic Bread and Salad** **Freshly Made Sandwich** filled with **Cheese, Tuna or Ham or Oven Baked Jacket Potato** filled with **Tuna, Cheese or Beans** **Lemon Iced Cake and a Milk Drink** or **Fresh Fruit or Frozen Yoghurt**

**Wednesday** served with **Roast Chicken** served with **Roast Potatoes, Broccoli, Carrot and Gravy** **Freshly Made Sandwich** filled with **Cheese, Tuna or Ham or Oven Baked Jacket Potato** filled with **Tuna, Cheese or Beans** **Chocolate Crunch and Cream** or **Fresh Fruit or Yoghurt**

**Thursday** served with **Butcher's Pork Sausage** served with **Creamy Potatoes, Green Beans, Peas and Gravy** **Freshly Made Sandwich** filled with **Cheese, Tuna or Ham or Oven Baked Jacket Potato** filled with **Tuna, Cheese or Beans** **Fresh Fruit Salad and Millshakes** or **Fresh Fruit or Frozen Yoghurt**

**Friday** served with **Margherita Pizza** served with **Potato Wedges, Baked Beans and Colelaw** **Freshly Made Sandwich** filled with **Cheese, Tuna or Ham or Oven Baked Jacket Potato** filled with **Tuna, Cheese or Beans** **Ice Cream Roll and Peaches** or **Fresh Fruit or Frozen Yoghurt**

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



# TEBAY PRIMARY SCHOOL

## WEEK 2



**DAY** **CHOICE 1** **CHOICE 2** **PUDDING**

**Monday** served with **Breaded Fish Fillet** served with **Oven Chips, Peas and Sweetcorn and Tomato Ketchup** **Freshly Made Sandwich** filled with **Cheese, Tuna or Ham or Oven Baked Jacket Potato** filled with **Tuna, Cheese or Beans** **Ginger Sponge with a Milk Drink** or **Fresh Fruit or Yoghurt**

**Tuesday** served with **Chicken Pasta Bake** served with **Crusty Bread and Mixed Vegetables** **Freshly Made Sandwich** filled with **Cheese, Tuna or Ham or Oven Baked Jacket Potato** filled with **Tuna, Cheese or Beans** **Strawberry Mousse with Peaches** or **Fresh Fruit or Frozen Yoghurt**

**Wednesday** served with **Roast Pork** served with **Roast Potatoes, Green Beans, Carrots and Gravy** **Freshly Made Sandwich** filled with **Cheese, Tuna or Ham or Oven Baked Jacket Potato** filled with **Tuna, Cheese or Beans** **Shortbread and a Milk Drink** or **Fresh Fruit or Yoghurt**

**Thursday** served with **Chicken & Vegetable Pie** served with **Creamed Potatoes, Cauliflower and Broccoli** **Freshly Made Sandwich** filled with **Cheese, Tuna or Ham or Oven Baked Jacket Potato** filled with **Tuna, Cheese or Beans** **Jelly with Fruit Cocktail and Cream** or **Fresh Fruit or Frozen Yoghurt**

**Friday** served with **Beef Burger in a Bun** served with **Potato Wedges, Baked Beans and Salad** **Freshly Made Sandwich** filled with **Cheese, Tuna or Ham or Oven Baked Jacket Potato** filled with **Tuna, Cheese or Beans** **Chocolate Sponge and Chocolate Sauce** or **Fresh Fruit or Yoghurt**

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# TEBAY PRIMARY SCHOOL

## WEEK 3



**DAY** **CHOICE 1** **CHOICE 2** **PUDDING**

**Monday** served with **Breaded Salmon Fillet** served with **Oven Chips, Baked Beans and Colelaw** **Freshly Made Sandwich** filled with **Cheese, Tuna or Ham or Oven Baked Jacket Potato** filled with **Tuna, Cheese or Beans** **Fruity Flapjacks and a Milk Drink** or **Fresh Fruit or Yoghurt**

**Tuesday** served with **Kitchen Made Meat & Potato Pie** served with **Peas and Beetroot** **Freshly Made Sandwich** filled with **Cheese, Tuna or Ham or Oven Baked Jacket Potato** filled with **Tuna, Cheese or Beans** **Cheese & Biscuits with an Apple Wedge** or **Fresh Fruit or Frozen Yoghurt**

**Wednesday** served with **Roast Beef & Yorkshire Pudding** served with **Roast Potatoes, Carrots, Broccoli and Gravy** **Freshly Made Sandwich** filled with **Cheese, Tuna or Ham or Oven Baked Jacket Potato** filled with **Tuna, Cheese or Beans** **Raspberry Ripple Mousse** or **Fresh Fruit or Yoghurt**

**Thursday** served with **Chicken Korma** served with **Rice, Naan Bread and Sweetcorn** **Freshly Made Sandwich** filled with **Cheese, Tuna or Ham or Oven Baked Jacket Potato** filled with **Tuna, Cheese or Beans** **Marble Cake and Custard** or **Fresh Fruit or Frozen Yoghurt**

**Friday** served with **Meatballs in Gravy** served with **Potato and Mixed Vegetables** **Freshly Made Sandwich** filled with **Cheese, Tuna or Ham or Oven Baked Jacket Potato** filled with **Tuna, Cheese or Beans** **Apple Crumble and Custard** or **Fresh Fruit or Yoghurt**

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