Dear [Hiring Manager's Name],

I hope this message finds you well. I am writing to follow up on my recent application for the restaurant apprenticeship position at [Restaurant Name], which I submitted on [Date of Application]. I am very enthusiastic about the opportunity to join your team and contribute to the great work being done at your establishment.

If there have been any updates regarding the status of my application, I would appreciate if you could share them with me. I am eager to bring my skills and passion for culinary arts to [Restaurant Name].

Thank you for considering my application. I look forward to the possibility of discussing this exciting opportunity with you.

Warm regards,

[Your Name] [Your Phone Number] [Your Email Address]