





EWANRIGG JUNIOR SCHOOL WEEK 1



DAY	CHOICE 1 	CHOICE 2	CHOICE 3	CHOICE 4 	PUDDING
Monday	Cheese & Tomato Pizza served with Oven Baked Wedges and Sweetcorn	Pepperoni Pizza served with Oven Baked Wedges and Sweetcorn	Freshly Made Sandwich filled with Cheese, Ham or Tuna served with Mixed Salad	Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Vanilla Ice Cream Tub or Fresh Fruit or Yoghurt
Tuesday	Pasta Bolognese served with Garlic Bread Slices and Mixed Veg	Vegetable & Lentil Bolognese served with Garlic Bread Slices and Mixed Veg	Freshly Made Sandwich filled with Cheese, Ham or Tuna served with Mixed Salad	Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Iced Vanilla Sponge or Fresh Fruit or Yoghurt
Wednesday	Roast Pork & Gravy served with Yorkshire Pudding, Creamed Potatoes and Carrots	Vegetable Sausage served with Yorkshire Pudding, Creamed Potatoes, Carrots and Gravy	Freshly Made Sandwich filled with Cheese, Ham or Tuna served with Mixed Salad	Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Strawberry Mousse and Mandarins or Fresh Fruit or Yoghurt
Thursday	Turkey Burger in a Bun served with Curly Fries and Baked Beans	Veggie Burger in a Bun served with Curly Fries and Baked Beans	Freshly Made Sandwich filled with Cheese, Ham or Tuna served with Mixed Salad	Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Muffin or Fresh Fruit or Yoghurt
Friday	Fish Fingers served with Chips, Garden Peas and Ketchup	Quorn Vegemince and Veg Chilli served with Rice and Garden Peas	Freshly Made Sandwich filled with Cheese, Ham or Tuna served with Mixed Salad	Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Chocolate Crunch and 1/2 Orange 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







EWANRIGG JUNIOR SCHOOL

WEEK 2

Freshly made every day!



DAY	CHOICE 1 	CHOICE 2	CHOICE 3	CHOICE 4 	PUDDING
Monday	Cheese & Tomato Pizza served with Herby Diced Potatoes and Baked Beans	Ham & Cheese Pizza served with Herby Diced Potatoes and Baked Beans	Freshly Made Sandwich filled with Cheese, Ham or Tuna served with Mixed Salad	Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Sugar Ring Doughnut or Fresh Fruit or Yoghurt
Tuesday	Savoury Mince served with Creamed Potatoes and Carrots	Veggie Mince served with Creamed Potatoes and Carrots	Freshly Made Sandwich filled with Cheese, Ham or Tuna served with Mixed Salad	Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Flapjack and Raisins or Fresh Fruit or Yoghurt
Wednesday	Sliced Beef in Gravy served with Yorkshire Pudding, Creamed Potatoes and Peas	Vegan Meatballs in Tomato Sauce served with Pasta Twists and Garden Peas	Freshly Made Sandwich filled with Cheese, Ham or Tuna served with Mixed Salad	Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Rice Pudding and Apple Slices or Fresh Fruit or Yoghurt
Thursday	Crispy Chicken Bap served with Wholewheat Pasta and Sweetcorn	Tomato & Basil Pasta served with Sweetcorn	Freshly Made Sandwich filled with Cheese, Ham or Tuna served with Mixed Salad	Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Chocolate Cookie or Fresh Fruit or Yoghurt
Friday	Breaded Fish served with Chips and Spaghetti Hoops	Veggie Sausage served with Chips and Spaghetti Hoops	Freshly Made Sandwich filled with Cheese, Ham or Tuna served with Mixed Salad	Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Chocolate Muffin or Fresh Fruit or Yoghurt

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EWANRIGG JUNIOR SCHOOL

WEEK 3

Freshly made every day!



DAY	CHOICE 1 	CHOICE 2	CHOICE 3	CHOICE 4 	PUDDING
Monday	Spaghetti Bolognese served with Garlic Bread Slices and Green Beans	Sweet Tomato & Pasta Bake served with Garlic Bread Slices and Green Beans	Freshly Made Sandwich filled with Cheese, Ham or Tuna served with Mixed Salad	Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Strawberry Mousse Tub and Peaches or Fresh Fruit or Yoghurt
Tuesday	Pork Meatballs in Tomato Sauce served with Pasta Twists and Green Beans	Vegan Meatballs in Tomato Sauce served with Pasta Twists and Green Beans	Freshly Made Sandwich filled with Cheese, Ham or Tuna served with Mixed Salad	Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Iced Vanilla Sponge or Fresh Fruit or Yoghurt
Wednesday	Sliced Turkey in Gravy served with Creamed Potato, Yorkshire Pudding and Broccoli	Quorn Fillet served with Creamed Potato, Yorkshire Pudding and Broccoli	Freshly Made Sandwich filled with Cheese, Ham or Tuna served with Mixed Salad	Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Vanilla & Raspberry Ice Cream Roll or Fresh Fruit or Yoghurt
Thursday	Sausage Roll served with Seasoned Wedges and Baked Beans	Vegan Sausage Roll served with Seasoned Wedges and Baked Beans	Freshly Made Sandwich filled with Cheese, Ham or Tuna served with Mixed Salad	Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Chocolate Brownie & 1/2 an Orange or Fresh Fruit or Yoghurt
Friday	Fish Fingers served with Chips, Garden Peas and Ketchup	Veggie Burger in a Bun served with Chips, Garden Peas and Ketchup	Freshly Made Sandwich filled with Cheese, Ham or Tuna served with Mixed Salad	Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Golden Crispies or Fresh Fruit or Yoghurt



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