

TRAFFORD SCHOOL LUNCH MENU



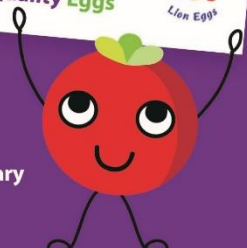
Available Daily

Fresh Salad

Jugs of Water

Yoghurts

Freshly Prepared Fruit



Over **30%** of our products are transported by vehicles that run on **biodiesel**



All our **fish** is **MSC approved** and all our **bananas** and **sugar** are **Fair Trade**



All our **Beef** is from the **UK** or **Ireland** and we can **trace every cut of meat** back to the **Farms of Origin**



We support **MEAT FREE Mondays**



	WEEK 1	WEEK 2	WEEK 3
Monday	Ham Carbonara & Garlic Bread, Garden Peas & Sweetcorn Homemade Macaroni Cheese & Garlic Bread Filled Jacket Potato or Sandwich Choice Fruity Flapjack	Loaded Burger on a Bun, Diced Potatoes & Sweetcorn Vegetarian Pasta Filled Jacket Potato or Sandwich Choice Light & Fluffy Whip & Fruit	Homemade Oven Baked Pizza, Seasoned Wedges & Baked Beans Cheesy Corn & Broccoli Puff Pastry Parcels, Mixed Salad Filled Jacket Potato or Sandwich Choice Arctic Roll
Tuesday	Homemade Chicken Tikka Masala, Braised Rice, Broccoli & Cauliflower Vegetarian Sausage Plait, Broccoli & Cauliflower Filled Jacket Potato or Sandwich Choice Lemon Shortbread	BBQ Chicken Wrap, Salad, Potato Slices & Mixed Salad Cheese Whirls, Potato Slices & Mixed Salad Filled Jacket Potato or Sandwich Choice Rice Pudding	Locally Sourced Pork Sausage, Sweet Potato Mash, Gravy Vegetarian Cottage Pie, Cauliflower, Broccoli, Gravy Filled Jacket Potato or Sandwich Choice Carrot Cake
Wednesday	Traditional Roast Beef Dinner, Roast Potatoes, Carrots, Peas & Gravy Homemade Quorn Jambalaya, Carrots, & Peas Filled Jacket Potato or Sandwich Choice Rice Pudding	Traditional Turkey Roast Dinner, Roast Potatoes, Broccoli, Carrots, & Gravy Quorn Sausage, Roast Potatoes, Broccoli, Carrots Filled Jacket Potato or Sandwich Choice Raspberry Buns	Traditional Roast Chicken Dinner, Roast Potatoes, Carrots, Swede, Gravy Quorn Fillet Roast Diner Roast Potatoes, Carrots, Gravy Filled Jacket Potato or Sandwich Choice Chocolate & Beetroot Muffin
Thursday	Homemade Sausage Roll, Diced Potatoes, Homemade Coleslaw Leek & Potato Bake Filled Jacket Potato or Sandwich Choice Fruity Frozen Yoghurt	Cottage Pie, Country Mixed Vegetables, Pickled Beetroot Vegetarian Pasta Bake Filled Jacket Potato or Sandwich Choice Oatmeal Cookies	Spaghetti Bolognese, Garlic Bread, Green Beans & Sweetcorn Tomato & Cheese Pasta, Garlic Bread Filled Jacket Potato or Sandwich Choice Sultana & Banana Loaf
Friday	Omega 3 Fish Finger Wrap & Salad, Seasoned Wedges Sweet Chilli Quorn Wrap & Salad, Seasoned Wedges Filled Jacket Potato or Sandwich Choice Chocolate Cake	Crispy Battered Fish Fillet, Chips & Baked Beans Falafel Burgers with Sweet Chilli Sauce, Chips & Beans Filled Jacket Potato or Sandwich Choice Lemon Drizzle Cake	Battered Fish Goujons, Crispy Sliced Potatoes, Carrots & Peas Southern Style Quorn Burger Crispy Sliced Potatoes Filled Jacket Potato or Sandwich Choice Cinnamon Crisp Biscuits

