

TRAFFORD SCHOOL LUNCH MENU



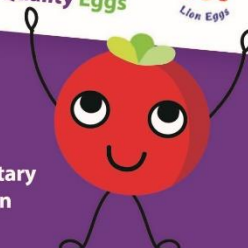
Available Daily

Fresh Salad

Jugs of Water

Yoghurts

Freshly Prepared Fruit



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



WEEK 1

We support **MEAT FREE Mondays**

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



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



WEEK 2

WEEK 3

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

