

TRAFFORD SCHOOL LUNCH MENU



Available Daily

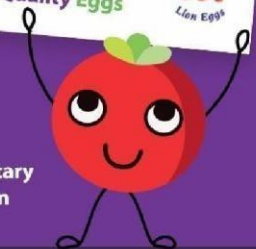
Fresh Salad

Jugs of Water

Yoghurt

Fresh Fruit

Jacket Potato



We Serve **15,000 meals per day**, that's **2850,000 per year!**

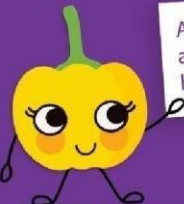


All our **fish** is **MSC approved** and all our **bananas** and **sugar** are **Fair Trade**



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

| Day | Week 1 | Week 2 | Week 3 |
|-----------|--|--|--|
| Monday | Macaroni Cheese Creamy Broccoli Pasta Bake Bread, Green Beans Frozen Mango Smoothie | Cheese and Tomato Pizza Cheese Whirl Salad, Sweetcorn Frozen Raspberry Smoothie | Wrap Day- Selection of Cheese and Tomato Wrap, Beetroot Falafel Wrap or Tuna Salad Salad, Peas and Potato Cubes Frozen Orange Smoothie |
| Tuesday | Cajun Chicken Fillet Burger Vegetable Burger in Wholemeal Bun Peas and Sweetcorn, Potato Cubes Pear Crumble & Custard | Sausage Rolls Vegan Sausage Rolls Diced Potatoes, Peas, Green Beans Chocolate Beetroot Brownie | Spaghetti Bolognese, Garlic Bread Vegan Spaghetti Bolognese, Garlic Bread Broccoli, Sweetcorn Apple Sponge and Custard |
| Wednesday | Pork and Carrot Meat Ball Spaghetti Veggie Meat Ball Spaghetti Green Beans, Sweetcorn Cheese and Crackers | Roast Turkey Dinner, Yorkshire Pudding Roast Quorn Vegan Fillet Roast Potatoes, Broccoli, and Cauliflower Fruit Medley | Roast Beef Dinner, Yorkshire Pudding Roast Vegan Quorn Fillet Roast Potatoes, Green Beans, Carrot Batons Peaches and Cream |
| Thursday | Chilli, Rice Vegan Chilli, Rice Broccoli and Carrot Batons Fruits of the Forest Jelly | Butchers Sausage Hot Dog in Roll Vegan Hot Dog in Roll Mixed Salad, Sweetcorn and Wedges Strawberry Whip with Strawberry Slices | Chicken Curry, Rice, Naan Bread Vegetable Curry, Rice, Naan Bread Cauliflower and Peas Orange Jelly with Mandarin Segments |
| Friday | Breaded Fish Fillet Cheese and Tomato Frittata Chips, Baked Beans Fresh Fruit and Yoghurt | Bubble Battered Salmon Fillet or Fish Fingers Vegetable Samosa's Chips, Baked Beans Fresh Fruit and Yoghurt | Breaded Omega 3 Fish Fingers Omelette Chips, Baked Beans Fresh Fruit and Yoghurt |

