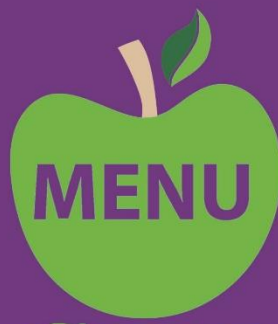


TRAFFORD SCHOOL LUNCH MENU



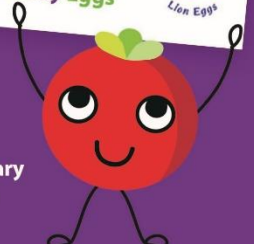
Available Daily

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

| Day | Week 1 | Week 2 | Week 3 |
|-----------|---|---|--|
| Monday | Ham Carbonara & Garlic Bread, Garden Peas & Sweetcorn Homemade Macaroni Cheese, Garden Peas & Sweetcorn Filled Jacket Potato or Sandwich Choice Fruity Flapjack | Loaded Burger on a Bun, Diced Potatoes & Sweetcorn Sweet & Sour Crunchy Vegetable Noodles Filled Jacket Potato or Sandwich Choice Light & Fluffy Whip & Fruit | Homemade Oven Baked Pizza, Seasoned Wedges, Mixed Salad Cheesy Corn & Broccoli Parcels, Baked Beans 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 & 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 Beef 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 Filled Jacket Potato or Sandwich Choice Raspberry Buns | Traditional Chicken Roast Dinner, Roast Potatoes, Mashed Carrot & Swede & Gravy Quorn Fillet Roast Dinner, Roast Potatoes Filled Jacket Potato or Sandwich Choice Chocolate & Beetroot Muffin |
| Thursday | Homemade Sausage Roll, Diced Potatoes, Homemade Coleslaw Leek & Potato Bake, Homemade Coleslaw Filled Jacket Potato or Sandwich Choice Fruity Frozen Yoghurt | Cottage Pie, Country Mixed Vegetables, Pickled Beetroot Chickpea Masala 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, Chips & Baked Beans Falafel Burgers with Sweet Chilli Sauce, Chips 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 |

