

We support MEAT FREE

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WEEK 3

## **TRAFFORD SCHOOL**



Monday

**Fuesday** 

Fhursday

## WEEK 1

Pizza Slice
Vegetable Risotto
Rice, Green Beans and Sweetcorn
Mango Smoothie
Pork and Carrot Meatballs, Pitta Pocket

Vegetable Risotto		
Rice, Green Beans and Sweetcorn		
Mango Smoothie		

lesda	Quorn Vegan Fillet
vear	Roast Potatoes, Cauliflower and Broccoli
	Chocolate Angel Delight

Beef Spaghetti Bolognese, Garlic Bread

Roast Turkey Dinner with Gravy

Vegan Spaghetti Bolognese

Fruit Jelly

Omega 3 Fish Fingers

**Peas and Carrots** 

Apple Crumble & Custard

Herby Tomato & Vegetable Pasta Bake

Chips, Baked Beans

Flapjack



Peas and Sweetcorn

Strawberry Ice Cream

Sweetcorn and Beans

Raspberry Muffin Cake

Sultana and Oat Biscuits

Fruit Salad and Yogurt

Vegetable Samosa's

Chips, Baked Beans

Chocolate Cake

Creamy Broccoli Pasta Bake

Quorn Vegan Fillet

Beef Chilli

Roast Chicken Dinner Yorkshire Pudding

Roast Potatoes, Broccoli, and Carrots

Garlic Bread, Sweetcorn and Cauliflower

Salmon Fish Cakes or Fish Fingers

Vegetable Curry

Chicken Korma Curry, Rice



Cheese and Tomato Panini
Macaroni Cheese

Brown Rice, Carrots and Green Beans

**Orange Smoothie** 

Tomato Chicken Wrap

Tomato Veg Pasta

Cauliflower and Peas

**Orange Fruit Jelly** 

Beef And Onion Pie, Pastry Lid

"Sneaky" Veg Pie

Roast Potatoes, Broccoli, and Sweetcorn

Vanilla Shortbread **Pork Sausages** 

Vegan Sausage

Diced Potatoes. Carrots and Peas

Pear Crumble & Custard

**Battered Fish Goujons** 

Southern Fried Vegan Burger

Chips, Sweetcorn and Beans

Lemon Drizzle Cake



We only buy dairy

from British and Irish farmers

**Daily Fresh Salad** 

**Jugs of Water** 

Yoghurt

**Fresh Fruit** 

Jacket Potato with **Beans or Cheese** 

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Sandwiches

Our chicken and milk are Food Standards Assured and we only use Lion **Quality Eggs** 



