



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**



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**



TRAFFORD SCHOOL LUNCH MENU



We support **82 British Dairy Farms**

Available Daily

- Fresh Salad
- Jugs of Water
- Yoghurts
- Freshly Prepared Fruit

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



WEEK 1

WEEK 2

WEEK 3

Day	Week 1	Week 2	Week 3
Monday	Ham Carbonara & Garlic Bread, Garden Peas & Sweetcorn 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	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 Quorn Roast Diner, Carrots, & Peas Filled Jacket Potato or Sandwich Choice Homemade Scone with Jam & Cream	Traditional Turkey Roast Dinner, Roast Potatoes, Broccoli, Carrots, & Gravy Quorn Roast Diner, 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	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

