

# TRAFFORD SCHOOL LUNCH

## MENU



### Available Daily

Fresh Salad

Jugs of Water

Yoghurt

Fresh Fruit

Jacket Potato with Beans or Cheese

Sandwiches



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**





We support **MEAT FREE Mondays**

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	WEEK 2	WEEK 3
Monday	Cheese and Tomato Pizza, Wholemeal Base Sweet Potato and Chickpea Curry Rice, Green Beans and Sweetcorn Mango Smoothie	Tomato Pasta Napoletana, Garlic Bread Baked Cheese and Potato Pie Peas and Sweetcorn Strawberry Ice Cream	Cheese Whirl Chinese Style Sweet and Sour Vegetables Brown Rice, Carrots and Green Beans Orange Smoothie
Tuesday	Beef Spaghetti Bolognese, Garlic Bread Vegetable Burger in Wholemeal Bun Peas and Carrots Raspberry Fruit Jelly	Beef Burger in Wholemeal Bun Fishless Fingers Potato Wedges, Sweetcorn and Green Beans Blueberry Muffin Cake	Country Cottage Pie, Sweet Potato Topping Vegan Spaghetti Bolognese, Herby Sauce Cauliflower and Peas Mixed Berry Fruit Jelly
Wednesday	Roast Chicken Dinner with Gravy Quorn Vegan Fillet Roast Potatoes, Cauliflower and Broccoli Strawberry Angel Delight	Roast Turkey with Gravy & Yorkshire Pudding Quorn Vegan Fillets Roast Potatoes, Broccoli, and Carrots Sultana and Oat Biscuits	Roast Chicken Dinner, with Gravy Quorn Vegan Fillets Roast Potatoes, Broccoli and Sweetcorn Lemon Shortbread
Thursday	Pork Sausages & Mash and Gravy Vegan Sausage Roll Mash Potato, Peas and Sweetcorn Apple Crumble & Custard	Pork & Carrot Meat Balls in Tomato Sauce Vegan Meat Balls in Tomato Sauce, Garlic Bread, Sweetcorn and Cauliflower Fruit Salad and Yogurt	Homemade Sausage Rolls Vegan Sausage and Mash New Potatoes, Carrots and Peas Peach Crumble
Friday	Omega 3 Fish Fingers Herby Tomato and Vegetable Pasta Bake Chips, Baked Beans Coconut Flapjack	Salmon Fish Cakes or Fish Fingers Mini Round Omelettes Chips, Baked Beans Beetroot Chocolate Cake	Battered Fish Fillet Macaroni Cheese Chips, Sweetcorn and Beans Mandarin Orange Cake

