

# 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**




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
Monday	Cheese and Tomato Pizza Vegetable Samosa Cubed Potatoes, Salad, Sweetcorn Ice Cream	Roast Vegetable & Tomato Pasta Bake Cheese Whirl Salad, Sweetcorn Ice Cream	Wrap Day- Selection of Cheese and Tomato Wrap, Beetroot Falafel Wrap or Tuna Salad Salad, Peas and Potato Cubes Ice Cream
Tuesday	Chicken Korma Curry, Naan Bread Quorn Korma Curry, Naan Bread Peas and Carrots Lemon Drizzle	Cajun Chicken Fillet Burger Vegetable Burger in Wholemeal Bun Peas and Sweetcorn, Potato Cubes Chocolate Brownie	Homemade Sausage Rolls Vegan Sausage Rolls Wedges, Mixed Vegetables Blueberry Muffin
Wednesday	Roast Chicken Dinner, Yorkshire Pudding Roast Quorn Vegan Fillet Roast Potatoes, Mixed Vegetables Banana Whip	Butchers Sausage and Mash Vegan Sausage and Mash Broccoli and Carrot Batons Pear Sponge	Roast Turkey Dinner, Yorkshire Pudding Roast Vegan Quorn Fillet Roast Potatoes, Peas, Sweetcorn Strawberry Whip with Strawberry Slices
Thursday	Butchers Sausage Hot Dog in Roll Vegan Hot Dog in Roll Mixed Salad, Beans and Wedges Orange Jelly	Chilli Con Carne, Rice Vegan Chilli Con Carne, Rice Crusty Bread, Mixed Vegetables Cheese and Crackers	Chicken Fajitas, Wedges Macaroni Cheese, Crusty Bread Salad and Sweetcorn Raspberry Jelly
Friday	Breaded Fish Fillet Salmon Fishcakes Chips, Baked Beans Fresh Fruit and Yoghurt	Fish Finger Wraps Vegetable Samosa Chips, Baked Beans Chocolate Krispy Cake	Breaded Omega 3 Fish Fingers Vegan Fishless Fingers Chips, Baked Beans Sultana Oat Biscuits

