

TRAFFORD SCHOOL LUNCH MENU



Available Daily

Fresh Salad

Jugs of Water

Yoghurt

Fresh Fruit

Jacket Potato with Beans or Cheese

Sandwiches



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



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**



We Serve **15,000 meals per day**, that's **2850,000 per year!**



WEEK 1

WEEK 2

WEEK 3

Day	Week 1	Week 2	Week 3
Monday	Beef Burger in a Bun Fishless Fingers Sweetcorn and Salad Frozen Fruit Yogurt	Homemade Pizza Vegetable Samosa Rice, Diced Potato, Sweetcorn Strawberry Ice Cream	Spaghetti Bolognese Cheese and tomato Pasta Wedges, Mixed Salad, Beans Iced Sorbet
Tuesday	Homemade Chicken Tikka Masala Cheese Whirl Rice and Broccoli Lemon Shortbread	BBQ Chicken Wrap Quorn Sausages Potato slices, Mixed Salad Iced Sponge	Sausage Roll Vegetarian cottage Pie Mash Potato, Cauliflower and Broccoli Jelly
Wednesday	Roast Turkey Dinner with Gravy Cheese Flan Roast Potatoes, Carrots and Peas Jelly	Roast Chicken Dinner with Gravy Quorn Fillets Roast Potatoes, Broccoli, and Carrots Short bread	Chicken with Gravy Quorn Fillets Roast Potatoes, Broccoli, and Sweetcorn Chocolate & Beetroot Muffin
Thursday	Sausages Cheese & Tomato Pasta Diced Potato and Carrots Fruity Flapjack	Cottage Pie Vegetable Cottage Pie Country Mix Vegetables, Pickled Beetroot Fruit Salad and Yogurt	Pork Meatballs in Tomato Sauce Veggie Meatballs Garlic Bread, Green Beans, Sweetcorn Short bread
Friday	Omega 3 Fish Fingers Wrap Quorn Sausages Mixed Salad Chocolate Cake	Crispy Battered Fish Vegetable Burgers with Sweet chilli sauce Chips, Beans Lemon Drizzle Cake	Salmon Fish Cakes and Fish Fingers Quorn Burger Diced Carrot & Peas Chips Sponge

