

We support MEAT FREE









TRAFFORD SCHOOL



Monday

Wednesday

Fhursday

WEEK 1

Wedges, Salad

Peas and Sweetcorn

Shortbread

Cheese Flan

Cajun Chicken Fillet Burger

Frozen Mango Smoothie

Pasta in Herby Tomato Sauce

Spaghetti Meatballs, Garlic Bread

Roast Beef Dinner, Yorkshire Pudding

Vegan Meatballs, Garlic Bread

Green Beans, Sweetcorn

Cheese and Crackers

Sausage Hot Dog Roll

Mixed Salad, Wedges

Breaded Fish Fillet

Chips, Baked Beans

Fresh Fruit and Yoghurt

Fruits of the Forest Jelly

Wholemeal Cheese and Tomato Pizza

Vegan Sausage Hot Dog Roll

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Vegan Quorn Burger

Chips, Baked Beans

Fresh Fruit and Yoghurt

Omelette

Mixed Salad, Sweetcorn and Wedges

Strawberry Whip with Strawberry Slices

Bubble Battered Salmon Fillet or Fish Fingers

	WEEK 2	WEEK 3		
1	Cheese & Tomato Pasta Bake	Cheese and Tomato Pizza		
	Cheese Whirl	Salad, Peas and Potato Cubes		
	Salad, Sweetcorn, Wedges	Frozen Orange Smoothie		
	Frozen Raspberry Smoothie			
	Sausage Roll & Mash	Spaghetti Bolognese, Garlic Bread		
	Vegetable Samosa & Rice	Vegan Spaghetti Bolognese, Garlic Bread		
	Peas, Beans	Broccoli, Sweetcorn		
	Chocolate Beetroot Muffins	Vanilla Sponge		
	Roast Chicken Dinner, Yorkshire Pudding	Roast Turkey Dinner, Yorkshire Pudding		
	Roast Quorn Vegan Fillet	Roast Vegan Quorn Fillet		
	Roast Potatoes, Broccoli, and Cauliflower	Roast Potatoes, Green Beans, Carrot Batons		
	Fruit Medley	Shortbread		
	Beef Burger in Bun	Chicken Curry, Rice, Naan Bread		



Available 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**

Orange Jelly with Mandarin Segments

Vegetable Curry, Rice, Naan Bread

Breaded Omega 3 Fish Fingers

Vegan Fishless Fillet

Cauliflower and Peas

Chips, Baked Beans

Fresh Fruit and Yoghurt



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