

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 | Pork and Carrot Meat Ball Spaghetti Veggie Meat Ball Spaghetti Green Beans, Sweetcorn Frozen Mango Smoothie | Cheese and Tomato Pizza Macaroni Cheese Salad, Sweetcorn Frozen Raspberry Smoothie | Tomato Pasta Bake Tuna Wrap, Cheese Wrap Salad, Peas and Potato Cubes Frozen Orange Smoothie |
| Tuesday | BBQ Chicken Wraps Vegetable Burger in Wholemeal Bun Peas and Sweetcorn, Potato Cubes Apple Crumble & Custard | Beef Burger in a Bun Quorn Burger in a Bun Wedges, Sweetcorn Chocolate Brownie | Spaghetti Bolognese, Garlic Bread Vegan Spaghetti Bolognese, Garlic Bread Broccoli, Sweetcorn Rice Krispies Cake |
| Wednesday | Roast Chicken Diner Roast Quorn Vegan Fillet Green Beans, Sweetcorn Cheese and Crackers | Roast Turkey Diner Roast Quorn Vegan Fillet Roast Potatoes, Broccoli Strawberry Whip and Strawberry Slices | Roast Beef Dinner, Yorkshire Pudding Roast Vegan Quorn Fillet Roast Potatoes, Green Beans, Carrot Batons Peaches and Cream |
| Thursday | Sausage Roll Vegan Sausage Roll Wedges, Sweetcorn Blueberry Muffins | Butchers Sausage Hot Dog in Roll Vegan Hot Dog in Roll Mixed Salad, Sweetcorn and Wedges Oat Biscuits | Chicken Korma, Rice, Naan Bread Vegetable Curry, Rice, Naan Bread Cauliflower and Peas Orange Jelly with Mandarin Segments |
| Friday | Breaded Fish Fillet Vegetable Samosa's Chips, Baked Beans Banana Bread | Bubble Battered Salmon Fillet or Fish Fingers Vegetable Samosa's Chips, Baked Beans Shortbread | Breaded Omega 3 Fish Fingers Vegan Fishless Fillet Chips, Baked Beans Lemon Drizzle Cake |

