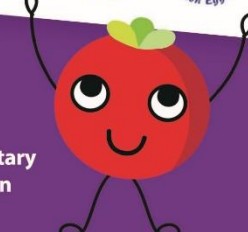


TRAFFORD SCHOOL LUNCH MENU



- 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**



Over **30%** of our products are transported by vehicles that **run on biodiesel**

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	Chickpea Korma Vegetable Samosa Brown Rice, Green Beans and Sweetcorn Mango Smoothie	Macaroni Cheese Cowboy Bean Stew Brown Rice, Peas and Sweetcorn Strawberry Ice Cream	Vegetable Fajita Vegetable Risotto Brown Rice, Carrots and Green Beans Orange Smoothie
Tuesday	Spaghetti Bolognese Roast Vegetable Pasta Bake Garlic Bread, Peas and Carrots Chocolate Shortbread	Beef Burger and Wholemeal Bun Vegetable Burger in Wholemeal Bun Potato Wedges, Cauliflower and Green Beans Oat Biscuits	Chicken Pie, with Puff Pastry Lid Vegetarian Spaghetti Bolognese Mash Potato/ Spaghetti, Cauliflower and Peas Flapjack
Wednesday	Roast Turkey Dinner with Gravy Quorn Roast Roast Potatoes, Cauliflower and Broccoli Strawberry Angel Delight	Roast Turkey Dinner with Gravy Quorn Roast Roast Potatoes, Broccoli and Carrots Fruit Jelly	Roast Turkey Dinner, with Gravy Quorn Roast Roast Potatoes, Broccoli and Sweetcorn Pineapple Upside Down Cake
Thursday	Pork Sausages and Gravy Vegan Sausage and Gravy Mash Potato, Peas and Sweetcorn Apple Crumble and Custard	Pork Meat Balls in Tomato Sauce, Spaghetti Veggie Meat Balls in Tomato Sauce, Spaghetti Garlic Bread, Sweetcorn and Green Beans Apple Sponge and Custard	Homemade Sausage Roll Vegan Cottage Pie New Potatoes, Carrots and Peas Pear Sponge and Custard
Friday	Omega 3 Fish Fingers Tomato and Vegetable Linguini Chips, Mushy Peas and Beans Lemon Cake	Salmon Fish Cakes Vegetable Fingers Chips, Peas and Beans Chocolate Cake	Battered Fish Vegan Sausage Diced Potato, Sweetcorn and Beans Orange Cake

