

# 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

Day	Week 1	Week 2	Week 3
Monday	Vegan Sweet Potato and Chickpea Curry Cheese Whirl Roast Vegetable Rice Frozen Mango Smoothie	Roast Vegetable & Tomato Pasta Bake Vegetable Fajita Wrap Salad, Sweetcorn Frozen Raspberry Smoothie	Deli Selection - Choice of Tuna Melt, Cheese and Tomato Baguette, or Vegan Meatball Sub Salad, Peas and Potato Cubes Frozen Orange Smoothie
Tuesday	BBQ Chicken, Wholemeal Pitta Mexican Bean Chilli, Crusty Baguette Peas and Sweetcorn Apple Crumble & Custard	Chilli Con Carne, Rice Vegetable Chilli Con Carne, Rice Peas, Green Beans Chocolate Beetroot Brownie	Spaghetti Bolognese, Garlic Bread Vegan Spaghetti Bolognese, Garlic Bread Broccoli, Sweetcorn Pear Sponge and Custard
Wednesday	Pasta Meatball Bake in Tomato Herb Sauce Macaroni Cheese, Garlic Bread Green Beans, Sweetcorn Cheese and Crackers	Roast Chicken Dinner, Yorkshire Pudding Roast Quorn Vegan Fillet Roast Potatoes, Broccoli, and Cauliflower Fruit Medley	Roast Turkey Dinner, Yorkshire Pudding Roast Vegan Quorn Fillet Roast Potatoes, Green Beans, Carrot Batons Peaches and Cream
Thursday	Butchers Sausage and Mash Vegan Sausage and Mash Broccoli and Carrot Batons Fruits of the Forest Jelly	Beef Burger in Bun Vegan Quorn Burger Mixed Salad, Sweetcorn and Wedges Strawberry Whip with Strawberry Slices	Chicken Curry, Rice, Naan Bread Vegetable Curry, Rice, Naan Bread Cauliflower and Peas Orange Jelly with Mandarin Segments
Friday	Breaded Fish Fillet Wholemeal Cheese and Tomato Pizza Chips, Baked Beans Fresh Fruit and Yoghurt	Bubble Battered Salmon Fillet or Fish Fingers Omelette Chips, Baked Beans Fresh Fruit and Yoghurt	Breaded Omega 3 Fish Fingers Vegan Fishless Fillet Chips, Baked Beans Fresh Fruit and Yoghurt

