



Available Daily

Fresh Salad Sandwich Selection

Baked Jacket Potatoes
Jugs of Water
Yoghurts

Freshly Prepared Fruit



TRAFFORD SCHOOL LUNCH MENU



WEEK 1

WEEK 2

WEEK 3

WEEK 4

Monday

Cheese & Tomato Pizza
Southern Fried Quorn Burger
Sauteed Potatoes, Baked Beans & Peas
Raspberry Ripple Ice Cream

Pasta Bake
Vegetable Samosa
Cous Cous, Sweetcorn, Peppers
Strawberry Ice Cream

Cheese & Tomato Pizza
Tomato & Basil Pasta
Garlic Bread, Green Beans
Mango & Orange Smoothie

Cheese Whirl
Cheese & Broccoli Parcels
Diced Potatoes, Baked Beans, Sweetcorn
Doughnuts

Tuesday

Turkey Meatballs
Veggie Balls
Rice, Green Beans
Anzac Biscuit

Pork Sausages
Vegan Sausages
Creamed Potatoes, Baked Beans, Peas
Chocolate Crispies

Battered Chicken Steak
Vegan Quorn Fillet
Crusty Bread, Potato Wedges, Sweetcorn
Apple Crumble & Custard

Spaghetti Bolognaise
Vegemince Bolognaise
Garlic Bread, Spaghetti, Peas
Fruit in Jelly

Wednesday

Roast Chicken
Quorn Fillet
Creamed Potatoes, Carrots, Broccoli
Light & Fluffy Whip

Roast Turkey
Roast Quorn Fillet
Roast Potatoes, Carrots, Peas
Flapjack

Roast Beef
Veggie Sausages
Roast Potatoes, Carrots, Broccoli
Blueberry Muffins

Roast Gammon
Roast Quorn Joint
New Potatoes, Sweetcorn
Apple Sponge & Custard

Thursday

Chilli Con Carne
Veggie Chilli
Rice, Garlic Bread, Sweetcorn
Chocolate Cake & Custard

Beef Burger on a Bun
Quorn Burger on a Bun
Diced Potatoes, Beans
Lemon Drizzle Cake

Chicken Korma Curry
Chickpea Korma Curry
Rice, Green Beans, Sweetcorn
Fruity Chocolate Traybake

BBQ Chicken
BBQ Quorn
Vegetable Cous Cous, Carrots, Peas
Chocolate Shortbread

Friday

Fish Fingers
Spaghetti Napolitana
Diced Potatoes, Peas
Banana Muffins

Breaded Pollock Fillet
Vegemince Bolognaise
Chips, Pasta, Mushy Peas, Carrots
Orange Cookies

Omega 3 Fish Fingers
Pasta Bake
Chips, Rice, Peas, Carrots
Ginger Cookies

Breaded Pollock Fillet
Tomato Pasta
Chips, Green Beans
Banana & Sultana Loaf

