



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**



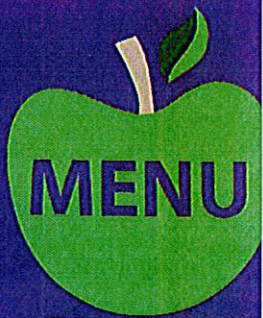
All our **fish** is **MSC approved** and all our **bananas** and **sugar** are **Fair Trade**



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



# TRAFFORD SCHOOL LUNCH MENU



Available Daily

Fresh Salad

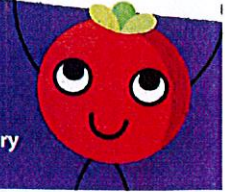
Jugs of Water

Yoghurts

Freshly Prepared Fruit



Our **chicken** and **milk** are **Food Standards Assured** and we only use **Lion Quality Eggs**



## WEEK 1

## WEEK 2

## WEEK 3

Monday

Sliced Ham and Pineapple, New Potatoes  
Salmon Fish Fingers, Garden Peas & Sweetcorn  
Filled Jacket Potato  
Fruity Flapjack

Loaded Burger & in a Bun, Diced Potatoes & Baked Beans  
Falafel Burger in a Bun, Diced Potatoes  
Filled Jacket Potato  
Light & Fluffy Whip with Fruit

Chicken with Pasta, Seasoned Wedges & Mixed Veg  
Cheesy Corn & Broccoli Parcels  
Filled Jacket Potato  
Arctic Roll

Tuesday

Homemade Chicken Tikka Masala, Braised Rice, Broccoli & Cauliflower  
Tomato and Cheese Pasta, Broccoli & Cauliflower  
Filled Jacket Potato  
Lemon Shortbread

BBQ Chicken Wraps & Salad, Rice  
Macaroni Cheese  
Filled Jacket Potato  
Vanilla Ice Cream

Locally Sourced Sausage, Sweet Potato Mash, Cauliflower & Broccoli  
Vegetarian Sausage, Sweet Potato Mash  
Filled Jacket Potato  
Oatmeal Biscuit

Wednesday

Traditional Roast Beef Dinner, Roast Potatoes, Carrots, Peas & Gravy  
Cheese Flan, Carrots, & Peas  
Filled Jacket Potato  
Vanilla Muffin

Traditional Turkey Roast Dinner, Roast Potatoes, Broccoli, Carrots, & Gravy  
Feta, Spinach and Tomato Flan  
Filled Jacket Potato  
Blueberry Muffins

Traditional <sup>CHICKEN</sup> Beef Roast Dinner, Roast Potatoes, Peas, Carrots, & Gravy  
Quorn Fillet Roast Dinner, Roast Potatoes, Peas, Carrots  
Filled Jacket Potato  
Chocolate & Beetroot Muffin

Thursday

Homemade Sausage Roll, Diced Potatoes, Homemade Coleslaw  
Sausage Plait, Diced Potatoes, Homemade Coleslaw  
Filled Jacket Potato  
Fruity Frozen Yoghurt

Minced Beef and Onion Pie, Potato Slices, Country Mixed Vegetables/ Pickled Beetroot  
Cheese Whirls  
Filled Jacket Potato  
Butternut Biscuits

Spaghetti Bolognese, Garlic Bread, Green Beans & Sweetcorn  
Vegetarian Bolognese & Garlic Bread  
Filled Jacket Potato  
Banana Muffin

Friday

Cod Goujons & Salad, Seasoned Wedges  
Home baked Oven Pizza & Salad, Seasoned Wedges  
Filled Jacket Potato  
Chocolate Cake

Crispy Batter Fish Fillet, Chips & Sweetcorn  
Home baked Oven Pizza & Sweetcorn  
Filled Jacket Potato  
Lemon Drizzle Cake

Fish Finger, Crispy Sliced Potatoes, Mixed Salad or Beans  
Loaded Southern Style Quorn Burger, Mixed Salad  
Filled Jacket Potato  
Cinnamon Crisp Biscuits

