TRAFFORD SCHOOL LUNCH MENU

All our **Beef** is from the **UK** or **Ireland** and we can **trace every cut of meat** back to the **Farms of Origin**

All our **fish** is **MSC approved** and all our **bananas** and **sugar** are **Fair Trade** MSC-C-54995 FAIRTRADE

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

We support **MEAT FREE** Mondays

We support 82 **British Dairy Farms**

	WEEK 1	WEEK 2	WEEK 3
Monday	Chickpea Korma	Macaroni Cheese	Vegetable Fajita
	Vegetable Samosa	Cowboy Bean Stew	Vegetable Risotto
	Brown Rice, Green Beans and Sweetcorn	Brown Rice, Peas, and Sweetcorn	Brown Rice, Carrots and Green Beans
	Mango Smoothie	Strawberry Ice Cream	Orange Smoothie
Tuesday	Spaghetti Bolognese	Beef Burger and Wholemeal Bun	Chicken Pie, with Puff Pastry Lid
	Vegetarian Spaghetti Bolognese	Vegetable Burger in Wholemeal Bun	Vegetable Bake
	Garlic Bread, Peas, and Carrots	Potato Wedges, Cauliflower and Green Beans	Mash Potato/ Spaghetti, Cauliflower and Peas
	Chocolate Shortbread	Oat Biscuits	Flapjack
Wednesday	Roast Turkey Dinner with Gravy	Roast Turkey Dinner with Gravy	Roast Turkey Dinner, with Gravy
	Quorn Roast	Quorn Roast	Quorn Roast
	Roast Potatoes, Cauliflower and Broccoli	Roast Potatoes, Broccoli, and Carrots	Roast Potatoes, Broccoli, and Sweetcorn
	Strawberry Angel Delight	Fruit Jelly	Pineapple Upside Down Cake
Thursday	Pork Sausages and Gravy	Pork Meat Balls in Tomato Sauce, Spaghetti	Homemade Sausage Roll
	Vegan Sausage and Gravy	Veggie Meat Balls in Tomato Sauce, Spaghetti	Vegan Sausages
	Mash Potato, Peas, and Sweetcorn	Garlic Bread, Sweetcorn and Green Beans	New Potatoes, Carrots and Peas
	Apple Crumble and Custard	Apple Sponge and Custard	Pear Sponge and Custard
Friday	Omega 3 Fish Fingers	Salmon Fish Cakes	Battered Fish
	Tomato and Vegetable Linguini	Vegetable Fingers	Vegan Cottage Pie
	Chips, Mushy Peas, and Beans	Chips, Peas, and Beans	Diced Potato, Sweetcorn and Beans
	Lemon Cake	Chocolate Cake	Orange Cake

Available Daily

- Fresh Salad
- Jugs of Water
- Yoghurts
- Freshly Prepared Fruit
- Jacket Potatoes

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

We can **bespoke our menu's** to reflect your children's **dietary needs**, so that school meals can be **enjoyed by all children**