

**Trafford
School
Lunch
Menu**

Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Main

Meat Balls served with a Italian tomato Sauce

Chicken Tikka Masala

Roasted Gammon Served with pineapple

Cottage Pie serve with Pickled Red cabbage

Battered Pollack

Vegetarian

Vegetarian Balls served with a Italian tomato sauce

Quorn Tikka Masala

Homemade Vegetarian Quiche

Vegetable Cottage pie served with red cabbage

Freshly Made Cheese Whirls

Carbs

Fresh Herby Pasta

Naan Bread & Plain Rice

Roasted Potatoes

Crusty Bread

Chipped Potatoes

Vegetables

Country style Mixed Vegetables

Sweetcorn

Cauliflower Cheese and Carrots

Diced Carrot & Swede

Garden Peas

Pudding

Choc Sponge Pudding

Mango + Orange Smoothie

Oat meal Cookie

Fruit Jelly

Banana Bread

Jugs of Water, Fresh Fruit and Yoghurt Served Daily



Freshly baked potatoes served with a choice of filling plus salad or hot vegetable accompaniment. The following fillings are served as a daily special:

- Homemade Coleslaw
- Baked Beans
- Cheddar Cheese
- Tuna Mayonnaise
- BBQ Beans

Sandwiches available on a selection of breads with salad accompaniment. Serve the following fillings every day, plus the daily special:

- Egg Mayonnaise
- Tuna Mayonnaise
- Cheddar Cheese
- Hummus
- Cheese & Bean Pitta