

**Trafford  
School  
Lunch  
Menu**

**Week 3**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main**

**Chicken +  
Chirzo**

**Breaded Pollock**

**Sausage in onion,  
gravy served in  
Yorkshire pudding**

**Homemade  
Chicken + sweetcorn  
Pie**

**Cheese +  
Tomato pizza**

**Vegetarian**

**Quorn**

**Vegetable  
Breaded grill**

**Quorn Sausage  
served in Onion  
gravy in Yorkshire  
Pudding**

**Tuna & Pasta  
bake**

**Vegetable  
Ravioli**

**Carbs**

**Fried Rice**

**Chipped  
Potatoes**

**Creamed  
potatoes**

**Oven Baked  
Herby Potatoes  
crusty Bread**

**Sautee Potatoes**

**Vegetables**

**Garden Peas  
and Sweetcorn**

**Garden  
Peas**

**Broccoli & Baton  
Carrots**

**Farmhouse  
Vegetables**

**Baked Beans  
mixed salad**

**Pudding**

**Artic Roll**

**Rice Pudding served  
with Jam**

**Chocolate &  
Beetroot muffin**

**Raspberry  
buns**

**Carrot Cake &  
orange butter cream**

**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