

Trafford School Lunch

Week 1

Week 2

Week 3

Week 4

Monday

Tuesday

Wednesday

Thursday

Friday

Macaroni Cheese	French Bread
Vegetable	Mixed
Vegetable	Country
Ravioli	Vegetables
Artic Roll	
Stuffed Chicken & Veg Tortilla	Diced paprika Potatoes
Stuffed Quorn	Baked Beans
Tortilla	
Banana Cake	
Mexican Chilli	Basmati Rice
Mexican Vegetable Chilli	Sliced Green Beans
Jam Sponge	
Roast Turkey	Roast & Creamed Potatoes
Leek And Potato Bake	Baton Carrots & Broccoli
Oatmeal Cookies	
Breaded Pollock With Lemon	Chipped Potatoes
Country Bake	Garden Peas & Sweetcorn
Lemon Shortbread	

Oven Baked Pizza	Chipped Potatoes
Jp Beans	Garden Peas
Chocolate & Vanilla Mousse	
Chicken Wrap	Spicy Wedges
Quorn Wrap	Sweetcorn
Rice Crisp Cake	
Roast Chicken & Yorkshire Pudding	Roast & Creamed Potatoes
Quorn Burger	Broccoli Mashed Carrot & Swede
Apple Cake	
Braised Sausage in Gravy	Roast & Creamed Potatoes
Braised Quorn Sausage in Gravy	Cauliflower & Baton Carrots
Chocolate Biscuits	
Fish finger Wrap & sweet chilli sauce	Basmati Rice
Sweet Chilli Vegetables	Mixed Vegetables
Blueberry Muffins	

Tomato & Basil Pasta	Crusty Bread
Pizza Whirls	Green Beans
Flavoured Frozen Yoghurt	
Spaghetti Bolognese	Garlic Bread
Quorn Bolognese	Diced carrots
Raspberry Buns	
Roast Gammon	Potato Wedges
Sweet chilli Quorn	Sweetcorn
Carrot Cake	
Cajun Chicken	Stir Fried Noodles
Boston Bean Casserole	Sliced Green Beans
Oatmeal Cookies	
Fish Cake & sweet Chilli Sauce	Diced Potatoes
Sweet & Sour Vegetable Noodles	Mushy Peas
Ginger Cookies	

Cheese Flan	Country Vegetables
Tomato Basil Pasta	Spicy Wedges
Raspberry Smoothies	
Homemade Sausage Roll	Chipped Potatoes
Vegetarian Sausage Roll	Baked Beans
Chocolate Sponges	
Chicken Tikka Masala	Basmati Rice & Naan Bread
Quorn Tikka Masala	Garden Peas
Mango Smoothie	
Sliced Ham & Pineapple	New Potatoes
Vegetable & Bean Burrito	Broccoli & Sweetcorn
Selection Of seasonal Fruit & Yoghurt	
Lamb Burger	Jacket wedges
BBQ Quorn Fillets	Diced Carrots
Flapjack	

FRESH SALAD & Baked Potatoes AVAILABLE DAILY

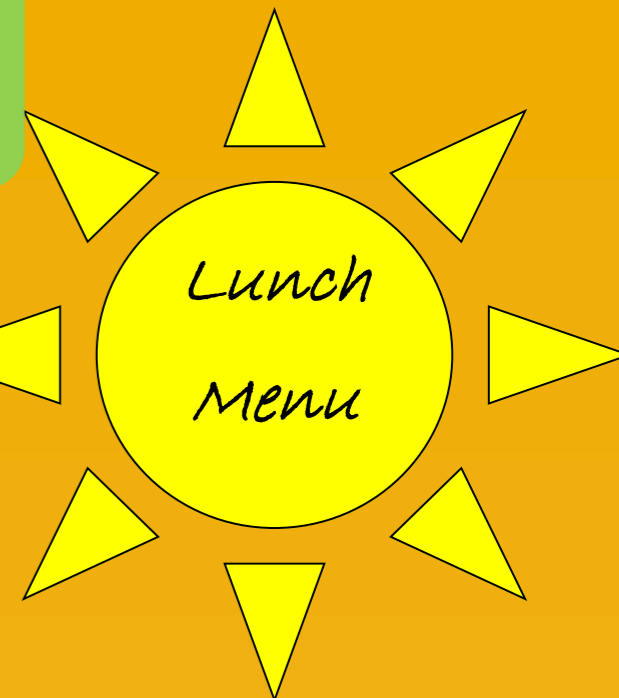
Jugs of Water, Yoghurts & fresh Prepared fruit Daily

Meat Free Monday's





TRAFFORD SCHOOL MEALS



ALL OUR BEEF IS FROM THE UK OR IRELAND

WE CAN TRACE EVERY CUT OF MEAT BACK TO THE FARMS OF ORIGIN

Trafford are committed to Healthy Eating in our Schools, Supporting The Food for Life scheme, cooking Fresh and Homemade meals

We buy 95% of our seasonal vegetables direct from British Growers

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

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

WE SUPPORT MEAT FREE MONDAYS!

We support 82 British Dairy Farms

Our Chicken and Milk are Red

All our fish is MSC Approved and all our bananas and sugar are Fairtrade

We only use Lion Quality Eggs

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

