

Trafford School Lunch

Week 1

Week 2

Week 3

Week 4

Monday

On the side:
 Macaroni Cheese Spicy Wedges
 Vegetable Mixed
 Bolognese in a jacket Country
 potato Vegetables
 Artic Roll

On the side:
 Oven Baked Pizza Chipped
 Potatoes
 Vegetable Ravioli Garden Peas
 Chocolate & Vanilla Mousse

On the side:
 Vegetable Risotto & Cheese Crusty Bread
 Tomato & Basil Pasta Green Beans
 Flavoured Frozen Yoghurt

On the side:
 Cheese Flan Country
 Vegetable Chilli Vegetable
 Raspberry Smoothies French Bread

Tuesday

Stuffed Chicken & Veg Tortilla Diced paprika Potatoes
 Stuffed Quorn Baked Beans
 Tortilla
 Fruit Banana Split & Yoghurt

Beef & Sweet Potato Goulash Crusty Bread
 Quorn Goulash Sweetcorn
 Berry & Greek Yoghurt

Spaghetti Bolognese Garlic Bread
 Quorn Bolognese Diced carrots
 Fresh Prepared seasonal Fruit & Yoghurt

Homemade Chipped
 Sausage Roll Potatoes
 Vegetarian Baked Beans
 Sausage Roll
 Fresh Prepared Seasonal Fruit & Yoghurt

Wednesday

Mexican Chilli Basmati Rice
 Mexican Vegetable Chilli Sliced Green Beans
 Victoria Sandwich

Roast Chicken & Yorkshire Pudding Roast & Creamed Potatoes
 Quorn Burger Broccoli Mashed Carrot & Swede
 Selection of seasonal Fruit & Yoghurt

Pizza Whirls Potato Wedges
 Sweet chilli Quorn Sweetcorn
 Apple, berry & Pear Crumb

Chicken Tikka Masala Basmati Rice & Naan Bread
 Chickpea & Lentil Tikka Masala Garden Peas
 Lemon Drizzle Cake

Thursday

Roast Turkey Roast & Creamed Potatoes
 Leek And Potato Bake Baton Carrots & Broccoli
 Mixed Melon & Sultanas Yoghurt

Braised Sausage in Gravy Roast & Creamed Potatoes
 Braised Quorn Sausage in Gravy Cauliflower & Baton Carrots
 Selection Of seasonal Fruit & Yoghurt

Cajun Chicken Stir Fried Noodles
 Boston Bean Casserole Sliced Green Beans
 Oatmeal Cookies

Sliced Ham & Pineapple New Potatoes
 Vegetable & Bean Burrito Broccoli & Sweetcorn
 Selection Of seasonal Fruit & Yoghurt

Friday

Baked Pollock With Lemon Chipped Potatoes
 Country Bake Garden Peas & Sweetcorn
 Lemon Shortbread

Fish finger Wrap & sweet chilli sauce Basmati Rice
 Sweet Chilli Mixed Vegetables
 Blueberry Muffins

Fish Cake & sweet Chilli Sauce Diced Potatoes
 Sweet & Sour Mushy Peas
 Vegetable Noodles
 Ginger Cookies

Salmon Fish fingers Jacket wedges
 BBQ Quorn Fillets Diced Carrots
 Flapjack

Meat Free Mondays

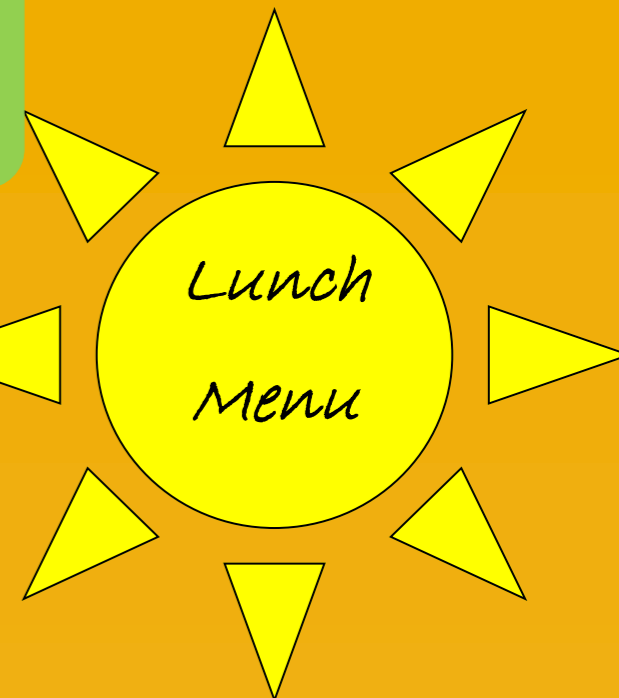
FRESH SALAD & Baked Potatoes AVAILABLE DAILY

Jugs of Water, Yoghurts & fresh Prepared fruit Daily





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

