



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

We support
MEAT FREE
Mondays



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



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



TRAFFORD SCHOOL LUNCH



Available Daily

Fresh Salad

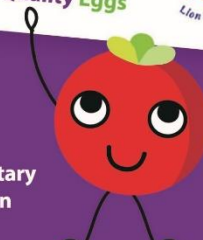
Jugs of Water

Yoghurt

Fresh Fruit

Jacket Potato with
Beans or Cheese

Sandwiches



WEEK 1

WEEK 2

WEEK 3

Monday

Chickpea Korma
Vegetable Samosa
Basmati Rice, Green Beans and Sweetcorn
Mango Smoothie

Macaroni Cheese
Boston Bean Casserole
Brown Rice, Peas and Sweetcorn
Strawberry Ice Cream

Vegetable Fajita
Vegetable Risotto
Brown Rice, Carrots and Green Beans
Orange Smoothie

Tuesday

Spaghetti Halal Beef Bolognese
Roast Vegetable Pasta Bake
Garlic Bread, Peas and Carrots
Chocolate Shortbread

Halal Beef Burger and Wholemeal Bun
Vegetable Burger in Wholemeal Bun
Potato Wedges, Cauliflower and Green Beans
Oat Biscuits

Halal Chicken Pie, with Puff Pastry Lid
Vegetarian Spaghetti Bolognese
Mash Potato/ Spaghetti, Cauliflower and Peas
Flapjack

Wednesday

Halal Roast Chicken Dinner with Gravy
Quorn Roast
Roast Potatoes, Cauliflower and Broccoli
Strawberry Angel Delight

Halal Roast Chicken Dinner with Gravy
Quorn Roast
Roast Potatoes, Broccoli and Carrots
Fruit Jelly

Halal Roast Chicken Dinner, with Gravy
Quorn Roast
Roast Potatoes, Broccoli and Sweetcorn
Pineapple Upside Down Cake

Thursday

Halal Chicken Sausages and Gravy
Vegan Sausage and Gravy
Mash Potato, Peas and Sweetcorn
Apple Crumble and Custard

Halal Chicken Meat Balls in Tomato Sauce, Spaghetti
Veggie Meat Balls in Tomato Sauce, Spaghetti
Garlic Bread, Sweetcorn and Green Beans

Homemade Halal Chicken Sausage Roll
Vegan Cottage Pie
New Potatoes, Carrots and Peas
Pear Sponge and Custard

Friday

Omega 3 Fish Fingers
Tomato and Vegetable Linguini
Chips, Mushy Peas and Beans
Lemon Cake

Salmon Fish Cakes
Vegetable Fingers
Chips, Peas and Beans
Chocolate Cake

Battered Fish
Vegan Sausage
Diced Potato, Sweetcorn and Beans
Orange Cake

