

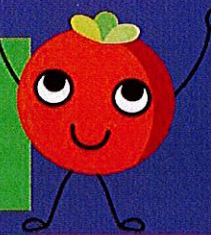


Available Daily

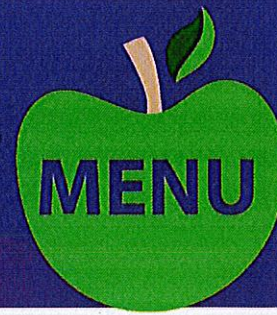
Fresh Salad
Sandwich Selection

Baked Jacket Potatoes
Jugs of Water
Yoghurts

Freshly Prepared Fruit



TRAFFORD SCHOOL LUNCH



WEEK 1

WEEK 2

WEEK 3

WEEK 4

Monday

Turkey Meatballs in Gravy
Quorn Burger
Sauteed Potatoes, Baked Beans & Peas
Raspberry Ripple Ice Cream

BBQ Chicken Wraps
Vegetable Samosa
Pasta, Rice Sweetcorn, Peppers
Strawberry Ice Cream

Battered Chicken Steak
Southern Stale Quorn Burger
Savoury Rice, Pitta Bread, Carrots
Vanilla Cupcake

Beefburger on a Bun
Quorn Burger on a Bun
Diced Potatoes, Baked Beans, Sweetcorn
Jam Doughnuts

Tuesday

Cottage Pie
BBQ Linquine
Garlic Bread, Mixed Vegetables
Anzac Biscuit

Pork Sausages
Omelette
Creamed Potatoes, Baked Beans, Peas
Chocolate Crispies

Sausage Roll
Macaroni Cheese
Baked Beans, Potato Wedges, Sweetcorn
Mango & Orange Smoothie

Spaghetti Bolognese
Tomato Pasta
Garlic Bread, Spaghetti, Peas
Fruit in Jelly

Wednesday

Roast Chicken
Cheese Vegetable Quiche
Roast Potatoes, Baton Carrots, Broccoli
Light & Fluffy Whip

Roast Turkey
Cheese Whirl
Roast Potatoes, Diced Carrots, Peas
Flapjack

Roast Beef & Yorkshire pudding
Cheese & Vegetable Quiche
Roast Potatoes, Cauliflower, Broccoli
Blueberry Muffins

Gammon steak with pineapple
Roast Quorn Joint
New Potatoes, Sweetcorn
Apple Sponge & Custard

Thursday

Chilli Con Carne
Spaghetti Napolitana
Rice, Garlic Bread, Sweetcorn
Chocolate Cake & Custard

Chicken Korma Curry
Tomato Basil Pasta
Rice, Naan Bread, Mixed Vegetables
Lemon Drizzle Cake

Chicken & Sweetcorn pie
Tomato Cheese pasta
New Potatoes, Crusty Bread, Mixed veg
Fruity Chocolate Traybake

BBQ Chicken
Cheesy Corn & Broccoli Parcels
Rice, Diced Carrots, Broccoli
Chocolate Shortbread

Friday

Cheese Pizza
Salmon Fish Fingers
Diced Potatoes, Peas
Banana Muffins

Breaded Pollock Fillet
Cheese Tomato Pizza
Chips, Pasta, Mushy Peas, Carrots
Orange Cookies

Omega 3 Fish Fingers
Sweet Potato & Spinach Curry
Chips, Rice, Peas, Carrots
Ginger Cookies

Cheese Pizza
Battered Pollock Fillet
Chips, Carrots, Jkts Potatoes
Banana & Sultana Loaf

