

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



We support **82** British Dairy Farms

Available Daily

Fresh Salad

Jugs of Water

Yoghurt

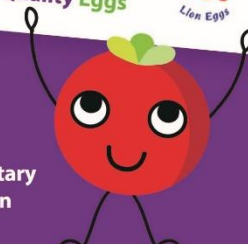
Fresh Fruit

Jacket Potato with Beans or Cheese

Sandwiches



Our **chicken** and **milk** are **Food Standards Assured** and we only use **Lion Quality Eggs**



WEEK 1

WEEK 2

WEEK 3

Monday

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

Macaroni Cheese
Cowboy Bean Stew
Brown Rice, Peas and Sweetcorn
Strawberry Ice Cream

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

Tuesday

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

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

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

Wednesday

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

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

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

Thursday

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

Pork Meat Balls in Tomato Sauce, Spaghetti
Veggie Meat Balls in Tomato Sauce, Spaghetti
Garlic Bread, Sweetcorn and Green Beans
Apple Sponge and Custard

Homemade 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