



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**



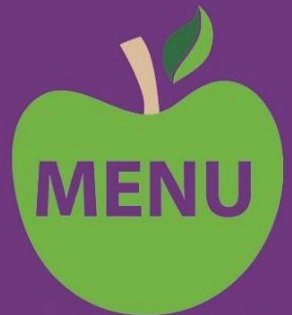
All our **fish** is MSC approved and all our **bananas** and **sugar** are Fair Trade



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



# TRAFFORD SCHOOL LUNCH MENU



We support **82 British Dairy Farms**



## WEEK 1

## WEEK 2

## WEEK 3

Monday	<p>Cheese and Tomato Pizza (GF)</p> <p>Moroccan Falafels in Herby Tomato Sauce</p> <p>Potato Cubes, Sweetcorn</p> <p>Fresh Fruit and Yoghurt</p>	<p>Cheese Whirl</p> <p>Vegetable Samosa (DF)</p> <p>Rice, Sweetcorn</p> <p>Fresh Fruit and Yoghurt</p>	<p>Roast Vegetable and Tomato Pasta (GF)</p> <p>Macaroni Cheese</p> <p>Garlic Bread, Sweetcorn</p> <p>Fresh Fruit and Yoghurt</p>
Tuesday	<p>Beef Lasagne, Garlic Bread (GF option)</p> <p>Vegetable Lasagne, Garlic Bread</p> <p>Peas</p> <p>Sultana Oat Biscuits</p>	<p>Beef Burger in Bun (GF bun)</p> <p>Vegan Quorn Burger in Bun (GF bun)</p> <p>Skin On Potato Wedges, Peas</p> <p>Chocolate Beetroot Brownie</p>	<p>Chicken Curry (GF)</p> <p>Vegetable Curry (GF)</p> <p>Rice, Naan Bread, Peas</p> <p>Fruits of the Forest Jelly (GF)</p>
Wednesday	<p>Roast Turkey Dinner with Gravy (GF)</p> <p>Vegan Roast Quorn Fillet</p> <p>Roast Potatoes, Carrots and Broccoli</p> <p>Fresh Fruit and Yoghurt</p>	<p>Roast Turkey Dinner with Gravy (GF)</p> <p>Vegan Roast Quorn Fillet</p> <p>Roast Potatoes, Carrots and Broccoli</p> <p>Fresh Fruit and Yoghurt</p>	<p>Roast Turkey Dinner, with Gravy (GF)</p> <p>Vegan Roast Quorn Fillet</p> <p>Roast Potatoes, Carrots and Broccoli</p> <p>Fresh Fruit and Yoghurt</p>
Thursday	<p>Butchers Sausage Hotdog in a Roll (GF)</p> <p>Vegan Sausage Hotdog in a Roll</p> <p>Skin On Potato Wedges, Peas</p> <p>Apple Crumble and Custard</p>	<p>Homemade Sausage Roll (GF)</p> <p>Vegan Sausage Roll</p> <p>Skin On Potato Wedges, Peas</p> <p>Apple Crumble and Custard</p>	<p>Butchers Sausages and Mash (GF)</p> <p>Vegan Sausages and Mash</p> <p>Peas, Gravy</p> <p>Fresh Fruit and Yoghurt</p>
Friday	<p>Fish Fingers / Breaded Fish Fillet (GF)</p> <p>Vegan Fishless Fillet</p> <p>Chips, Baked Beans</p> <p>Rice Krispie Cake (GF)</p>	<p>Fish Fingers / Breaded Fish Fillet (GF)</p> <p>Vegan Fishless Fillet</p> <p>Chips, Baked Beans</p> <p>Orange Jelly with Mandarin (GF)</p>	<p>Fish Fingers / Breaded Fish Fillet (GF)</p> <p>Vegan Fishless Fillet</p> <p>Chips, Baked Beans</p> <p>Blueberry Cake</p>

### Available Daily

Selection of sandwiches: ham, cheese & tuna

Water

Yoghurt

Fresh Fruit

Jacket Potato (GF) with Beans or Cheese

*\*Milk supplied by the school*



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



We can **bespoke our menus** to reflect your children's **dietary needs**, so that school meals can be **enjoyed by all children**



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