

TRAFFORD SCHOOL MEAL LUNCH MENU

WE SUPPORT
MEAT FREE
MONDAYS!

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

Trafford are committed to Healthy Eating in our Schools, Supporting The Food for Life scheme, cooking Fresh and Homemade meals

All our fish is MSC Approved and all our bananas and sugar are Fairtrade

We support 82 British Dairy Farms

Over 30% of our products are transported by vehicles that run on bio-diesel

Our Chicken and Milk are Red



WE CAN TRACE EVERY CUT OF MEAT BACK TO THE FARMS OF ORIGIN

We buy 95% of our seasonal vegetables direct from British Growers

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



ALL OUR BEEF IS FROM THE UK OR IRELAND

We only use Lion Quality Eggs



WEEK 1

WEEK 2

WEEK 3

MONDAY

Homemade Chicken Tikka Masala	Rice and naan bread	Chicken breast topped with tomato and cheese	Couscous	Bolognaise	Garlic Bread
Veggie Tikka Masala	Garden peas and sweetcorn	Pasta and Tomato sauce	Green beans	Veggie Bolognaise	Sweetcorn
Fruity frozen yogurt with berries		Traditional shortbread biscuits		Fruit Shortbread	

TUESDAY

Beef Meatballs in fresh tomato sauce and pasta	Salad and garlic bread	Loaded Burger on a bun	Diced potatoes	Homemade oven baked pizza	Seasoned wedges
Veggie meatballs	Fresh mixed salad	Veggie sir fry.	Sweet corn	Veggie Pizza	Baked beans
Summer Fruity Flapjack		Light and fluffy whip and fruit		Arctic Roll	

WEDNESDAY

Traditional Chicken Roast Dinner, Yorkshire Quorn Roast	Roast potatoes and gravy	Traditional Turkey Roast dinner with Yorkshire	Roast potatoes and gravy	Roast gammon dinner	Roast potato and gravy
	Carrots and garden peas	Veggie curry	Broccoli and carrots	Quorn roast dinner	Garden peas and carrots
Chocolate and Beetroot muffins		Raspberry buns and raisins		Homemade scone and jam and raisins	

THURSDAY

Pasta with mince		BBQ Chicken wraps and salad	Jacket wedges	Locally sourced pork sausage	Creamy mash and gravy
Veggie mince and pasta	Broccoli and sweetcorn	Vegetarian wrap	Creamy coleslaw	Veggie sausage	Seasonal mixed vegetables
Chocolate orange cookie and mandarins		Chocolate cake and custard		Banana cake	

FRIDAY

Omega 3 fish finger wrap and salad	Seasoned potato wedges	Crispy battered fish fillet	Chipped potato	Fish fillet finger	Crispy sliced potato
Sweet chilli Quorn wrap and salad	Baked Beans	Veg burgers with sauce and salad	Baked beans	Loaded southern style Quorn burger	Garden peas
Homemade Apple crumble and custard		Lemon drizzle cake		Creamy Vanilla ice cream and fresh fruit	

Trafford School Lunch

FRESH SALAD and Baked Jacket Potatoes Are AVAILABLE DAILY

Jugs of Water, Yoghurts & freshly prepared fruit Daily

