



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



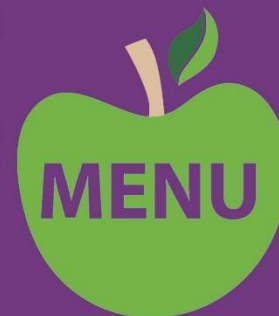
All our **fish** is **MSC approved** and all our **bananas** and **sugar** are **Fair Trade**



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



WEEK 1

WEEK 2

WEEK 3

Monday

Pizza Whirl
Cajun Vegan Bean Chilli
Rice, Green Beans and Sweetcorn
Mango Smoothie

Pasta Arrabbiata, With Crusty Bread
Chickpea and Bean Burritos
Peas and Sweetcorn
Strawberry Ice Cream

Cheese and Tomato Panini
Vegetable Katsu Curry, Mini Naan Bread
Brown Rice, Carrots and Green Beans
Orange Smoothie

Tuesday

Pork and Carrot Meatballs, Pitta Pocket
Southern Fried Vegan Burger, Wholemeal Bun
Salad, Peas and Sweetcorn
Apple Crumble & Custard

Chicken Korma Curry, Rice
Vegan Meat Ball Pitta Pocket
Sweetcorn and Beans
Raspberry Muffin Cake

Sticky BBQ Chicken Wrap
Vegan Spaghetti Bolognese
Cauliflower and Peas
Orange Fruit Jelly

Wednesday

Roast Chicken Dinner with Gravy
Quorn Vegan Fillet
Roast Potatoes, Cauliflower and Broccoli
Banana Angel Delight

Roast Chicken Dinner Yorkshire Pudding
"Sneaky" Veg Pie
Roast Potatoes, Broccoli and Carrots
Sultana and Oat Biscuits

Beef And Onion Pie, Pastry Lid
Quorn Vegan Fillets
Roast Potatoes, Broccoli and Sweetcorn
Vanilla Shortbread

Thursday

Beef Spaghetti Bolognese, Garlic Bread
Vegan Sausage Roll
Peas and Carrots
Fruit Jelly

Beef Lasagna
Creamy Broccoli Pasta Bake
Garlic Bread, Sweetcorn and Cauliflower
Fruit Salad and Yogurt

Pork Sausages
Macaroni Cheese
Diced Potatoes, Carrots and Peas
Pear Crumble & Custard

Friday

Omega 3 Fish Fingers
Herby Tomato & Vegetable Pasta Bake
Chips, Baked Beans
Cherry Flapjack

Salmon Fish Cakes or Fish Fingers
Vegetable Samosa's
Chips, Baked Beans
Chocolate Beetroot Cake

Battered Fish Goujons
Vegan Fishless Fingers
Chips, Sweetcorn and Beans
Lemon Drizzle Cake

