

**Trafford
School
Lunch
Menu**

Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Main

**Southern Fried
Chicken**

**Oven Baked Cheese
and Tomato
Pizza**

**Sausage in onion,
gravy served in
Yorkshire pudding**

**Homemade
Meat & Potato
Pie**

**Poached Red
Thai Pollack**

Vegetarian

**Southern fried
Quorn**

**Vegetable
Ravioli**

**Quorn Sausage
served in Onion
gravy in Yorkshire
Pudding**

**Tuna & Pasta
bake**

**Freshly prepared
Omelette**

Carbs

Savoury Rice

Sautee Potatoes

**Creamed
potatoes**

**Oven Baked
Herby Potatoes
crusty Bread**

**Egg
Noodles**

Vegetables

**Garden Peas
and Sweetcorn**

**Baked Beans
Mixed Salad**

**Broccoli & Baton
Carrots**

**Famhouse
Vegetables**

Garden Peas

Pudding

Artic Roll

**Strawberry Angel
Delight**

**Chocolate &
Beetroot muffin**

**Raspberry
buns**

**Carrot Cake &
orange butter cream**

**Jugs of
Water,
Fresh Fruit
and
Yoghurt
Served
Daily**



Freshly baked potatoes served with a choice of filling plus salad or hot vegetable accompaniment. The following fillings are served as a daily special:

- Homemade Coleslaw
- Baked Beans
- Cheddar Cheese
- Tuna Mayonnaise
- BBQ Beans

Sandwiches available on a selection of breads with salad accompaniment. Serve the following fillings every day, plus the daily special:

- Egg Mayonnaise
- Tuna Mayonnaise
- Cheddar Cheese
- Hummus
- Cheese & Bean Pitta

Freshly prepared salad served each day with, tomato, cucumber, lettuce, peppers. Plus daily special: