

**Trafford
School
Lunch
Menu**

Week 4

Monday

Tuesday

Wednesday

Thursday

Friday

Main

**Chicken
Jambalaya**

**Homemade Italian
Lasagne**

**Roast Chicken
and
Stuffing**

**Homemade
Sausage rolls**

**Cod Battered
Goujons**

Vegetarian

**Quorn
Jambalaya**

**Vegetable Roast
Lasagne**

**Homemade Feta,
Spinach and Tomato
flan**

**Homemade
Vegetarian
Sausage Rolls**

**Tomato & basil
Pasta Served with
Crispy bread**

Carbs

**Fresh Crusty
bread**

Garlic bread

**Roast
Potatoes**

**Creamed
potatoes**

**Oven Baked
Spicy Wedges**

Vegetables

**Sweetcorn & mixed
pepper Salad**

**Chopped Salad &
Garden Peas**

**Broccoli &
Baton carrots**

Baked Beans

**Green Beans
Provençale**

Pudding

Frozen Yoghurt

**Apple, pear & forest
fruits Muffins**

Ginger Cookies

**Chocolate & mandarin
cake bar coated with
Orange buttercream**

**Bran loaf served with
fresh Apple Slices**

**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: