



## TRAFFORD EDUCATION CATERING SERVICES

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salad Bar Available Daily	Salad Bar Available Daily	Salad Bar Available Daily	Salad Bar Available Daily	Salad Bar Available Daily	Salad Bar Available Daily
<b>MAIN MEALS</b>	Spaghetti Bogonaise & Garlic Bread	Pork or Quorn Sausage & Gravy	Roast Beef/Quorn & Yorkshire Pudding & Gravy	Turkey or Veg Burger on a Barmcake and Salad	Chicken or Vegetable Wraps
<b>Filled Jackets - Served with Side Salad</b>	Assorted Fillings (Cheese, Tuna May & Beans)	Assorted Fillings (Cheese, Tuna May & Beans)	Assorted Fillings (Cheese, Tuna May & Beans)	Assorted Fillings (Cheese, Tuna May & Beans)	Assorted Fillings (Cheese, Tuna May & Beans)
<b>OPTIONAL MAIN MEAL</b>	Macaroni Cheese	Tuna Pasta Bake	Cheese & Onion Pie	Fish in Parsley Sauce (Fish Pie)	Fishcake
<b>VEGETABLES</b>	Green Beans Sweetcorn	Baked Beans or Cauliflower	Carrots or Peas	Grilled Tomato or Baked Beans	Mix Salad
<b>CARBOHYDRATES</b>		Mash Potatoes or Finger Roll	Roast Potatoes or New Potatoes	$\frac{1}{2}$ Jacket Potato or Chips	Savoury Rice or Spicy Wedges
<b>SWEETS</b>	Bakewell Tart & Custard, Yoghurt or Fresh Fruit	Yoghurt, Fresh Fruit, Rice Pudding or Chocolate Cracknall	Yoghurt, Fresh Fruit, Ice Cream Roll	Yoghurt, Fresh Fruit, Small Iced Cake	Yoghurt, Fresh Fruit, Flap Jack



This menu has been analysed and meets the required Government Nutritional Standards

PLEASE NOTE: The OPTIONAL MAIN MEAL is at the discretion of the Headteacher and in liaison with the Catering Department

