



## TRAFFORD EDUCATION CATERING SERVICES

WEEK 3	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>	Savoury Mince Cobbler	Cheese & Tomato Pizza	Roast Turkey Fillets and Gravy	Pork/Quorn Sausage and Yorkshire Puddings	Chicken Curry and Naan Bread
<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>	Quorn Sausage & Gravy	Tuna Whirl	Cheese and Egg Flan	Breaded Salmon with Chilli dipping Sauce	Tomato Pasta Bake
<b>VEGETABLES</b>	Beetroot or Peas	Coleslaw or Peas	Sweetcorn or Carrots	Carrots, Cauliflower	Peas or Mix Vegetables
<b>CARBOHYDRATES</b>	Saute Potatoes	Garlic Bread, Oven Chips or New Potatoes	Roast Potatoes or Mash Potato	Mash Potato or New Potato	Rice or Noodles
<b>SWEETS</b>	Carrot Cake & Custard, Yoghurt or Fresh Fruit	Yoghurt, Fresh Fruit, Shortbread Biscuit	Yoghurt, Fresh Fruit, Chocolate Sponge and Custard	Yoghurt, Fresh Fruit, Ice Cream Tub	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

