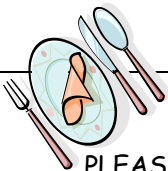




TRAFFORD EDUCATION CATERING SERVICES

WEEK 4	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>	Fish Fingers	Homemade Sausage Roll or Quorn Sausage Roll	Lamb and Sweet Potato Curry	Braising Steak or Steak Pie	Pizza - Cheese & Tomato or Tuna
<b>Filled Jackets - Served with Side Salad</b>	Assorted Tuna Mayo, Beans, Cheese	Assorted Tuna Mayo, Beans, Cheese	Assorted Tuna Mayo, Beans, Cheese	Assorted Tuna Mayo, Beans, Cheese	Assorted Tuna Mayo, Beans, Cheese
<b>OPTIONAL MAIN MEAL</b>	Chilli Con Carne (Beef)	Tuna Pasta Bake	Meat Balls/Vegi Meat Balls & Gravy	Tomato Pasta	Fish Cake
<b>VEGETABLES</b>	Peas, Baked Beans	Carrots, Sweetcorn	Mixed Veg, Peas	Broccoli, Cauliflower	Peas, Coleslaw
<b>CARBOHYDRATES</b>	Creamed Potato or Rice	Spicy Wedges or New Potato	Rice, Creamed Potato	Creamed or Roast Potato	Chips with Garlic Bread
<b>SWEETS</b>	Yoghurt, Fruit, Shortbread Biscuit, Sultanas	Yoghurt, Fresh Fruit, Sultanas, Angel Delight Strawberry or Chocolate	Yoghurt, Fresh Fruit, Sultana's, Jam Sponge & Custard	Yoghurt, Fresh Fruit, Sultanas, Iced Smoothies	Yoghurt, Fresh Fruit, Sultanas, Ginger Biscuit



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

