



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
MAIN MEALS	Spaghetti Bogonaise & Garlic Bread	Pork or Quorn Sausage & Gravy	Turkey, Veg Burger	Roast Turkey, Stuffing, Chipolata Sausage, Gravy, Apple Sauce	Fish Fingers
Filled Jackets - Served with Side Salad	Assorted Fillings (Cheese, Tuna May & Beans)	Assorted Fillings (Cheese, Tuna May & Beans)	Assorted Fillings (Cheese, Tuna May & Beans)		
OPTIONAL MAIN MEAL	Macaroni Cheese	Tuna Pasta Bake	Fish Pie	Quorn Roast	Chilli Con Carne
VEGETABLES	Green Beans Sweetcorn	Peas or Cauliflower Cheese	Baked Beans, Green Beans	Sprouts, Carrots, Peas,	Sweetcorn, Mushy Peas
CARBOHYDRATES		Mash Potatoes or Finger Roll	Bread Roll or New Potatoes	Roast Potatoes, Creamed Potatoes	Rice or Chips
SWEETS	Rice Pudding, Cracknell	Biscuit	Angel Delight	Ice Cream Christmas Tree, Christmas Pudding, White Sauce	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