



TRAFFORD EDUCATION CATERING SERVICES



WEEK	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	Savoury Mince Cobbler	Homemade Cheese & Tomato Pizza	Pork Sausage & Gravy	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	Quorn Sausage & Gravy	Tuna Whirl	Cheese & Egg Flan	Quorn Fillet	Lamb & Sweet Potato Curry
VEGETABLES	Beetroot or Peas	Coleslaw or Peas	Sweetcorn or Carrots	Sprouts, Carrots, Peas,	Mushy Peas
CARBOHYDRATES	Saute Potatoes	Garlic Bread, Potato Wedges	Finger Roll or Hash Browns	Roast Potatoes, Creamed Potatoes	Oven Chips
SWEETS	Carrot Cake, Yoghurt or Fresh Fruit	Yoghurt, Fresh Fruit, Small Iced Cake	Yoghurt, Fresh Fruit, Sultanas, Ginger Biscuit	Ice Cream Christmas Tree, Christmas Pudding, White Sauce	Yoghurt, Fresh Fruit, Lemon Drizzle Cake

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

