

# Trafford School Lunch

## Week 1

## Week 2

## Week 3

## Week 4

Monday

Tuesday

Wednesday

Thursday

Friday

On the side:

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On the side:

On the side:

Macaroni Cheese  
Vegetable Burgers  
Artic Roll

Oven Baked Pizza  
Vegetable Ravioli  
Raspberry Smoothies

Vegetable Risotto & Cheese  
Tomato & Basil Pasta  
Flavoured Frozen Yoghurt

Cheese Flan  
Tomato and Veg Pasta  
Chocolate and Vanilla Mousse

Stuffed Chicken & Veg Tortilla  
Stuffed Quorn Tortilla  
Jelly and fruit

BBQ Meatballs  
Quorn Fillets  
Angel Delight/Greek Yoghurt and Berries

Cajun Chicken  
Boston Bean Casserole  
Oatmeal Cookies

Homemade Sausage Roll  
Vegetarian Sausage Roll  
Fresh Prepared Seasonal Fruit & Yoghurt

Southern Fried Chicken  
Leek and Potato Bake  
Carrot cake

Roast Chicken & Yorkshire Pudding  
Quorn Burger  
Banana Cake

Sausages in Gravy  
Quorn Sausages in Gravy  
Apple, Crumble and Cream

Pork Steaks  
Quorn Roast  
Lemon Drizzle Cake

Lasagne or Chilli  
Veg Lasagne or chilli  
Frozen Yoghurt

Spaghetti Bolognese  
Tomato Pasta Bake  
Selection of Seasonal Fruit /Yoghurt

Pizza Whirls  
Sweet Chilli Quorn  
Seasonal Fruit and Yoghurt

Sliced Ham & Pineapple  
Vegetable & Bean Burrito  
Selection of Seasonal Fruit & Yoghurt

Baked Pollock Fillets/Fish in Batter  
Frittata  
Shortbread

Fishfinger Wrap & Sweet Chilli Sauce  
Quorn Paella  
Blueberry Muffins

Salmon Portions and Sweet Chilli Sauce  
Sweet & Sour Vegetable Noodles  
Orange Cookies

Cod Fish Fingers  
BBQ Quorn Fillets  
Flapjack

FRESH SALAD & Baked Potatoes AVAILABLE DAILY

Jugs of Water, Yoghurts & fresh Prepared fruit Daily

## Meat Free Monday's

