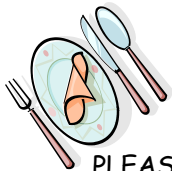




TRAFFORD EDUCATION CATERING SERVICES

WEEK 1	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	Breaded Salmon with Lemon	Cottage Pie	Turkey Breast & Gravy	Beef Lasagne	Fish Fingers
Filled Jackets - Served with Side Salad	Assorted Fillings	Assorted Fillings	Assorted Fillings	Assorted Fillings	Assorted Fillings
OPTIONAL MAIN MEAL	Tomato & Basil Pasta	Vegetarian Cottage Pie	Cheese Whirls	Vegetable Ravioli	Vegetable Curry and Naan Bread
VEGETABLES	Baked Beans or Peas	Carrots or Sweetcorn	Broccoli or Cauliflower	Peas, Carrots	Sweetcorn
CARBOHYDRATES	Sliced Potatoes	Mash Potatoes	Roast or Creamed Potatoes	Garlic Bread	Rice, Wedges
SWEETS	Yoghurt, Fresh Fruit, Pineapple Upsidedown sponge, custard	Yoghurt, Fresh Fruit, Shortbread Biscuit	Yoghurt, Fresh Fruit, Fruit Smoothie	Yoghurt, Fresh Fruit, Ice Cream Tub	Yoghurt, Fresh Fruit, Chocolate Fudge Brownie



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

