



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 Bolognese & Garlic Bread	Pork or Quorn Sausage & Gravy	Roast Beef & Yorkshire Pudding & Gravy	Burger on a Barmcake and Salad	Chicken Wraps
Filled Jackets - Served with Side Salad	Assorted Fillings	Assorted Fillings	Assorted Fillings	Assorted Fillings	Assorted Fillings
OPTIONAL MAIN MEAL	Macaroni Cheese	Tuna Pasta Bake	Quorn Roast & Gravy	Vegetable Burger	Vegetable Wrap
VEGETABLES	Broccoli or Sweecorn	Baked Beans or Cauliflower	Cabbage or Peas	Grilled Tomato or Baked Beans	Mix Salad
CARBOHYDRATES	Pasta	Mash Potatoes or finger Roll	Roast Potatoes or new potatoes	$\frac{1}{2}$ Jacket Potato or Potato Wedges	Savoury Rice, New Potatoes
SWEETS	Syrup Sponge & Custard, Yoghurt or Fresh Fruit	Rice Pudding, Yoghurt or Fresh Fruit	Oat Apple Crumble & Custard, Yoghurt or Fresh Fruit	Small Iced Cake, Yoghurt or Fresh Fruit	Flap Jack, Yoghurt or Fresh Fruit



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

