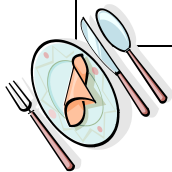




TRAFFORD EDUCATION CATERING SERVICES

WEEK 3	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	Hot Pot	Roast chicken Filletts and Gravy	Pizza	Roast Beef & Yorkshire Pudding	Chicken Curry and Naan Bread
Filled Jackets - Served with Side Salad	Assorted Fillings	Assorted Fillings	Assorted Fillings	Assorted Fillings	Assorted Fillings
OPTIONAL MAIN MEAL	Quorn Sausage & Gravy	Chilli Bean Cobbler	Tuna Whirl	Vegetable Curry	Tomato Pasta Bake
VEGETABLES	Beetroot or Peas	Sweetcorn, Carrots	Coleslaw	Carrot, Cabbage	Peas
CARBOHYDRATES	Saute Potatoes	Mash Potatoes or Rice	Garlic Bread, Oven Chips	Mash Potato or New Potato	Rice
SWEETS	Yoghurt, Fruit, Chocolate Sponge and Custard	Yoghurt, Fresh Fruit, Carrot Cake	Yoghurt, Fresh Fruit, Apple and Raisin Muffin	Yoghurt, Fresh Fruit, Chocolate Cracknall	Yoghurt, Fresh Fruit, Flapjacks



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



