

**Trafford  
School  
Lunch  
Menu**

**Week 3**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main**

**Southern Fried  
Chicken**

**Oven Baked Cheese  
and Tomato or  
Tuna Pizza**

**Sausage in onion,  
gravy served in  
Yorkshire pudding**

**Homemade  
Meat & Potato  
Pie**

**Fish  
Cakes**

**Vegetarian**

**Southern fried  
Quorn**

**Oven Baked  
Cheese and  
Tomato Pizza**

**Quorn Sausage  
served in Onion  
gravy in Yorkshire  
Pudding**

**Homemade  
Quorn Mince &  
Potato Pie**

**Spanish  
Tortilla**

**Carbs**

**Savoury Rice**

**Sautee Potatoes**

**Creamed  
potatoes**

**crusty Bread**

**Egg  
Noodles**

**Vegetables**

**Garden Peas  
and Sweetcorn**

**Baked Beans  
Mixed Salad**

**Broccoli & Baton  
Carrots**

**Farmhouse  
Vegetables**

**Garden Peas**

**Pudding**

**Artic Roll**

**Rice Pudding served  
with Jam**

**Chocolate &  
Beetroot muffin**

**Raspberry  
buns**

**Carrot Cake &  
Orange cream**

**Jugs of  
Water,  
Fresh Fruit  
and  
Yoghurt  
Served  
Daily**



Freshly prepared salad served each day with, tomato, cucumber, lettuce, peppers. Plus daily special:

- Couscous
- Potato salad
- coleslaw
- rice salad
- pasta salad