

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	<p>THAI Thai Yellow Curry with Vegetables and Lentils(v) 93130657</p> <p>Sticky Jasmine Rice 93130509</p> <p>Sweet Chilli Broccoli 93130610</p>	<p>CHINESE BBQ Mandarin Pork 93130787</p> <p>Beggars Noodles 93131282</p> <p>Wok Tossed Oriental Vegetables 93130848</p>	<p>INDIAN Chicken Tikka Masala 93128001</p> <p>Jeera Aloo (cumin flavoured potato) 93128101</p> <p>Chana Saag (Indian Spiced Spinach) 93128105</p>	<p>MEXICAN Mexican Beef Chilli 93129204</p> <p>Wholegrain Rice* 93109633</p> <p>Charred Courgette Pico De Gallo 93130870</p>	<p>BRITISH Home-made Battered Fish Fillet 93105116</p> <p>Paprika Dusted Chips (oil) 93147136</p> <p>Mushy Peas 93042663</p>
HIGH STREET FAVES	<p>DEEP SOUTH DINER Spicy Quorn Dog 93109273</p>	<p>WINGS & THINGS Chicken Thigh Flatbread Wrap with Lemon & Herb or Piri Piri 93143054</p>	<p>DEEP SOUTH DINER Ultimate Beef Burger 93086625</p>	<p>WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco 93130941</p>	<p>DEEP SOUTH DINER Cajun Pulled Pork & Bean Pitta 93147141</p>
	<p>Loaded Triple Mac 'N' Cheese (v) 93129233</p>	<p>Bbq Boston Beans in a Steamed Bun 93147287</p>	<p>Burrito Mexican Spicy Quorn 93106577</p>	<p>Grilled Piri Butternut & Halloumi Skewers (v) 93132517</p>	<p>Spicy Veg & Bean Quesadilla (v) 93086623</p>
	<p>Cajun Wedges (no oil) 93130978</p>	<p>Spicy Rice 93131378</p>	<p>Baked Garlic & Herb Wedges (no oil) 93131371</p>	<p>Mashed Potato 93095567</p>	<p>Paprika Dusted Chips (oil) 93147136</p>
	<p>Caesar Salad 93129328</p>	<p>Chilli Sweetcorn 93143075</p>	<p>Green Salad 93129329</p>	<p>Sweet Chilli Beans 93129326</p>	<p>Apple Slaw 93129265</p>
SPEEDY ITALIAN	<p>Veggie Supreme Pizza (v) 93135569</p>	<p>Tuna & Sweetcorn Pizza 93128495</p>	<p>Hawaiian Pizza 93128494</p>	<p>3 Cheese Sicilian Pizza (v) 93135631</p>	<p>BBQ Chicken Pizza 93041385</p>
	<p>Veg Bolognese Pasta (v) 93102889</p>	<p>Quorn & Vegetable Lasagne (v) 93046481</p>	<p>Arrabiata Pasta (v) 93147953</p>	<p>Turkey Meatball Pasta Bake* 93147135</p>	<p>Herby Tomato Pasta (v) 93147954</p>
	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	<p>INDIAN Roast Cauli Chick Pea Korma 93128069</p> <p>Naan (no oil) 93034973</p> <p>Tarka Dhal 93128103</p>	<p>CARIBBEAN Beef Pepperpot Stew 93131718</p> <p>Herb Dumpling 93119376</p> <p>Mixed Greens 93130890</p>	<p>BRITISH Roast Pork & Apple Sauce 93099012</p> <p>Roast Potatoes 93035127</p> <p>Peas & Carrots 93065563 & 93065561</p>	<p>JAPANESE Teriyaki Chicken Thigh 93128109</p> <p>Wholegrain Rice* 93109633</p> <p>Pickled Cucumber with Chilli 93128253</p>	<p>THAI Fishcakes 93130497 (oily fish)</p> <p>Baked Garlic & Herb Wedges (no oil) 93131371</p> <p>Som Tam Green Mango Salad 93130506</p>
HIGH STREET FAVES	<p>DEEP SOUTH DINER BBQ Pulled Quorn Wrap (v) 93131374</p>	<p>WINGS & THINGS Chicken Thigh Ciabatta brushed with BBQ or Piri Piri 93131217</p>	<p>DEEP SOUTH DINER Lettuce Beef Burger with Sweet Tomato Salsa 93129222</p>	<p>WINGS & THINGS Roast Chicken Wings brushed with Sticky Tabasco or Lemon & Herb 93131377</p>	<p>DEEP SOUTH DINER Texas BBQ Chicken 93131191</p>
	<p>Veggie Quarter Pounder (v) 93129224</p>	<p>Veggie Chilli Tacos (v) 93129225</p>	<p>Sweet Potato & Black Bean Enchilada (v) 93129220</p>	<p>Tabasco Spiced Jambalaya (v) 93132516</p>	<p>Feta & Beetroot Burger (v) 93130899</p>
	<p>Paprika Wedges (no oil) 93130895</p>	<p>Spicy Rice 93131378</p>	<p>Chips (oil) 93124814</p>	<p>Baked Spicy Sweet Potato (no oil) 93130601</p>	<p>Baked Garlic & Herb Wedges (no oil) 93131371</p>
	<p>House Slaw 93129626</p>	<p>BBQ Beans 93129227</p>	<p>Sweet Chilli Slaw 93129341</p>	<p>Crunchy Salad 93142224</p>	<p>Corn on the Cob 93130897</p>
SPEEDY ITALIAN	<p>Veggie Hot One Pizza (v) 93128498</p>	<p>Chicken Supreme Pizza 93128497</p>	<p>Veggie Supreme Pizza (v) 93135569</p>	<p>Bacon Pizza 93041401</p>	<p>Sicilian Cheese & Tomato Pizza (V) 93137894</p>
	<p>Arrabiata Pasta (v) 93147953</p>	<p>Veggie Lasagne (v) 93147227</p>	<p>BBQ Chicken Pasta* 93147137</p>	<p>Beef Lasagne 93046483</p>	<p>Italian Chicken Pasta 93147955</p>
	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	<p>CHINESE Mushroom Foo Yung 93130849</p> <p>Singapore Rice Noodles 93130823</p> <p>Stir Fried Greens 93131280</p>	<p>CARIBBEAN Chilli Barbecued Pork 93146742</p> <p>Wholegrain Rice* 93109633</p> <p>Caribbean Stewed Tomatoes & Beans 93131642</p>	<p>MEXICAN Beef Birria Taco 93147225</p> <p>Potato & Onion Hash 93147111</p> <p>Sweetcorn 93094208</p>	<p>BRITISH Creamy Chicken & Mushroom Pot 93147109</p> <p>Mashed Potato 93095567</p> <p>Broccoli 93143358</p>	<p>JAPANESE Tempura Battered Fish Fillet & Katsu Sauce 93143078</p> <p>Chips (oil) 93124814</p> <p>Peas 93065563</p>
HIGH STREET FAVES	<p>DEEP SOUTH DINER Quorn Burger in a Bun with Tomato Relish 93037167</p>	<p>WINGS & THINGS Roast Chicken Wings brushed with Lemon & Herb or Sticky Tabasco 93131377</p>	<p>DEEP SOUTH DINER New York Hot Dog 93142777</p>	<p>WINGS & THINGS Chicken Thigh Wrap Piri Piri or BBQ 93131218</p>	<p>DEEP SOUTH DINER Chilli Beef Nachos 93142775</p>
	<p>Cauliflower & Creamed Corn Bake (v) 93130867</p>	<p>Halloumi & Mushroom Wrap (v) 93131405</p>	<p>Black Eyed Bean Veggie Burger (v) 93132515</p>	<p>Sweet Potato Gumbo (v) 93147289</p>	<p>Lentil, Pepper & Sweetcorn Sloppy Joe 93147222</p>
	<p>Baked Spicy Sweet Potato (no oil) 93130601</p>	<p>Tex Mex Rice 93131376</p>	<p>Paprika Wedges (no oil) 93130895</p>	<p>Garlic Bread* (oil) 93142383</p>	<p>Chips (oil) 93124814</p>
	<p>Red Slaw 93130896</p>	<p>Coriander & Chilli Corn on the Cob 93130898</p>	<p>House Slaw 93129626</p>	<p>Crushed Chilli Peas 93130894</p>	<p>BBQ Beans 93129227</p>
SPEEDY ITALIAN	<p>Veggie Hot One Pizza (v) 93128498</p>	<p>3 Cheese Sicilian Pizza (v) 93135631</p>	<p>Mushroom & Sweetcorn Pizza (v) 93147170</p>	<p>Sicilian Meat Feast Pizza 93135630</p>	<p>Cajun Chicken Sizzler Pizza 93128496</p>
	<p>Cheesy Penne Pasta (v) 93143814</p>	<p>Chicken & Tomato Pasta Bake* 93102883</p>	<p>Carbonara Pasta 93137662 FFL - 93102881</p>	<p>Spinach & Soft Cheese Lasagne (v) 93147171</p>	<p>Pasta Neapolitan* (v) 93107566</p>
	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>

Free School Meals

- Did you know that your child may be entitled to free school meals.

HOW TO CLAIM:

Access Trafford, Waterside House
Waterside, Sale, M33 7ZF
Tel: 0161 912 3265

freeschoolmeals@trafford.gov.uk

Children whose parents receive the following support payments are entitled to receive free school meals.

Income Support

Income based Jobseeker's Allowance

Income-related Employment and Support Allowance

Support under Part VI of the Immigration and Asylum Act 1999

The Guarantee element of State Pension Credit

Child Tax Credit provided they are not entitled to Working Tax Credit and have an annual income (as assessed by HM Revenue & Customs) that does not exceed £16,190

Working Tax Credit 'run on' – the payment someone may receive for a further four weeks after they stop qualifying for Working Tax Credit