

Week 6 Nutritional Analysis provided by RH Nutrition	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish <i>We provide a variety of seasonal hot and cold dishes, for children to freely choose from.</i>	Homemade Vegetable and Lentil Curry served with Wholegrain Rice and Mango Chutney	Quorn Mince Wholegrain Spaghetti Bolognese served with Crusty Bread and Salad	Homemade Roast Chicken Dinner served with Roast Potatoes, Seasonal Vegetables and Yorkshire Pudding	Homemade Traditional Liverpool Scouse served with Crusty Bread and Pickles	Fish Fingers or Fish Cake served with Chips and Mushy Peas
Alternative Dish Jacket Potatoes with tuna, and other fillings available daily.	Homemade Vegetable Lasagne	Homemade Tuna Pasta	Homemade Cheese & Chive Quiche	Twice Baked Jackets or Beans on Toast	Homemade Salmon Fish Pie
Homemade Soup	Chef's Choice	Tomato & Lentil	Chef's Choice	Roast Pepper	Shepherd's Pie
Starchy Food Various bread choices available	Wholegrain Rice/Lasagne Sheets	Wholegrain Spaghetti	Roast Potatoes	Potato	Chips
Vegetables Salad bar with hummous	Mange Tout	Salad Bar	Seasonal Vegetables	Carrot, Swede	Mushy Peas
Dessert Menu Choices may alter based upon school & pupil preference	Chocolate Delight or Fresh Fruit	Homemade Apple Crumble Cream	Choc Ice or Yoghurts	Strawberry Delight or Fresh Fruit	Cheese & Crackers or Fresh Fruit

All our meat is farm assured as a welfare standard. Over 50% of our food is locally sourced and 30% is organic (subject to availability) We use Organic & Fairtrade Produce. Food for Thought use only free range eggs.

FFT is a 'not for profit' School Company owned by its Partner Schools- Our Meals are prepared Daily

Monday Staff Orders	£ Pd	Tuesday Staff Orders	£ Pd	Wednesday Staff Orders	£ Pd	Thursday Staff Orders	£ Pd	Friday Staff Order	£ Pd
Hospitality		Hospitality		Hospitality		Hospitality		Hospitality	