

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>  <i>We provide a variety of seasonal hot and cold dishes, for children to freely choose from.</i>	Burger on a Bun with Potato Wedges	Homemade Spanish Chicken	Sausage & Mash	Homemade Spaghetti Bolognese served with Garlic Bread	Fish Fingers with Chips and Beans
<b>Alternative Dish</b> Jacket Potatoes with tuna and other fillings available daily.	Meat Free Roll	Tuna Pasta	Veggie Sausages	Quorn Mince Pasta	Veggie Sausage Roll
<b>Homemade Soup</b>					
<b>Starchy Food</b> Various bread choices available	Wedges	Rice/Pasta	Potato	Spaghetti	Chips
<b>Vegetables</b> Salad bar with hummus	Salad Bar	Peas	Salad Bar	Tomatoes	Mushy Peas
<b>Dessert</b> Menu Choices may alter based upon school & pupil preference	Chocolate Iced Cake  Fresh Fruit	Choc Ice  Fresh Fruit	Strawberry Mousse Fresh Fruit Yoghurts	Jelly Pots Fresh Fruit Yoghurts	Cheese and Crackers Yoghurts 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*