

Week 4	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>	Burger on a Bun Beef or Veggie	Homemade Liverpool Scouse served with Beetroot and Pickles	Homemade Tomato Pasta Bake served with Green Beans and Crusty Bread	Sweet & Sour Chicken served with Noodles	Fish Fingers with Chips and Sweetcorn
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.	Meat Free Roll	Twice Baked Jackets	Beans on Toast	Tuna Pasta	Fish Cake or Meat Free Roll
Homemade Soup					
Starchy Food Various bread choices available	Wedges	Potato	Pasta/Wholemeal Bread	Noodles/ Pasta	Chips
Vegetables Salad bar with hummus	Salad Bar	Carrots	Green Beans	Mixed Peppers	Sweetcorn
Dessert Menu Choices may alter based upon school & pupil preference	Cookies Yoghurts Fresh Fruit	Cheese & Crackers Yoghurts Fresh Fruit	Jam Sponge with Custard Yoghurts	Choc Ice Yoghurts Fresh Fruit	Cheese and Crackers Fruit Mixed Flavour Yoghurts
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. <i>FFT is a 'not for profit' School Company owned by its Partner Schools- Our Meals are prepared Daily</i>					