

Week 5	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 served with Wedges	Beef Stifado served with Rice & Crusty Bread	Quorn Mince Bolognese served with Pasta & Garlic Bread	Cumberland Sausage served with Mashed Potatoes & Seasonal Vegetables	Fish Fingers served with Chips & Beans or Meat Free Roll
<b>Alternative Dish</b> Jacket Potatoes with tuna and other fillings available daily.	Meat Free Roll	Beans on Toast	Tuna Pasta	Veggie Sausage	Fish Cake
<b>Homemade Soup</b>					
<b>Starchy Food</b> Various bread choices available	Wedges	Rice	Pasta	Mashed Potatoes	Chips
<b>Vegetables</b> Salad bar with hummus	Salad Bar	Tomatoes	Seasonal Vegetables	Cauliflower	Beans
<b>Dessert</b> Menu Choices may alter based upon school & pupil preference	Cheese & Crackers Yoghurts Fresh Fruit	Jelly Pots  Fresh Fruit	Choc Ice  Yoghurts	Iced Sponge  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.

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