

Week 6	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 Day Beef or Veggie	Chicken Korma Curry served with Wholemeal Rice and Green Beans	Cheesy Pasta Bake served with Crusty Bread	Roast Dinner served with Roast Potatoes, Yorkshire Pudding & Seasonal Vegetables	Fish Fingers served with Chips & Beans
Alternative Dish <i>Jacket Potatoes with tuna and other fillings available daily.</i>	Meat Free Roll	Samosa, Spring Rolls or Beans on Toast	Tuna Pasta	Cheese Quiche	Fish Cake or Meat Free Roll
Homemade Soup					
Starchy Food <i>Various bread choices available</i>	Burger Bap	Wholemeal Rice	Pasta	Roast Potatoes	Chips
Vegetables <i>Salad bar with hummus</i>	Salad Bar	Green Beans	Mixed Salad	Cauliflower	Baked Beans
Dessert <i>Menu Choices may alter based upon school & pupil preference</i>	Cheese & Crackers Yoghurts Fresh Fruit	Chocolate Cookie Fresh Fruit	Strawberry Mousse Fresh Fruit Yoghurts	Choc Ice Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts
<p>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.</p> <p><i>FFT is a 'not for profit' School Company owned by its Partner Schools- Our Meals are prepared Daily</i></p>					