

Week 7	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 with Wedges and Beans	Chicken Tikka Curry served with Wholemeal Rice and Green Beans	Homemade Quorn Mince Bolognese served with Whole wheat Pasta and Garlic Bread	Cumberland Sausage served with Hash Browns, Seasonal Veg and Gravy	Fish Fingers served with Chips & Beans
Alternative Dish <i>Jacket Potatoes with tuna and other fillings available daily.</i>		Beans on Toast Jacket Potato	Tuna Pasta or Cheese Toasties	'Veggie Sausage	Fish Cake or Meat Free Roll
Homemade Soup					
Starchy Food <i>Various bread choices available</i>	Wedges/ Burger Bap	Wholemeal Rice	Pasta Garlic Bread	Hashbrowns	Chips
Vegetables <i>Salad bar with hummus</i>	Beans	Green Beans	Mixed Salad	Seasonal Veg	Baked Beans
Dessert <i>Menu Choices may alter based upon school & pupil preference</i>	Chocolate Cookie	Jam Sponge and Custard	Fresh Fruit Cheese and Crackers Mixed Yoghurts	Choc Ice Fresh Fruit	Cheese and Crackers 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