



Week Commencing 02/11/2020



DAILY CHEF SPECIALS!

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Main Dish</p> <p><i>We provide a variety of seasonal hot and cold dishes, for children to freely choose from.</i></p>	Burger Day Beef or Veggie with Wedges and Beans	Scouse with Crusty Bread and Red Cabbage	Homemade Quorn Mince Bolognese served with Whole Wheat Pasta and Garlic Bread	Homemade BBQ Chicken served with Rice and Corn on the Cob	Fish Fingers served with Chips & Beans
<p>Alternative Dish</p> <p>Jacket Potatoes with tuna and other fillings available daily.</p>		Beans on Toast	Twice Baked Jacket Potato	'Veggie Style BBQ Chicken	Meat Free Roll
Homemade Soup					
<p>Starchy Food</p> <p>Various bread choices available</p>	Wedges/ Burger Bap	Potato	Pasta	Wholemeal Rice	Chips
<p>Vegetables</p> <p>Salad bar with hummus</p>	Beans	Red Cabbage	Potato	Corn on the Cob	Baked Beans
<p>Dessert</p> <p>Menu Choices may alter based upon school & pupil preference</p>	Fresh Fruit Salad Cheese and Crackers Yoghurts	Pineapple Sponge Cake Fresh Fruit	Shortbread Mixed Yoghurts	Choc Ice Fresh Fruit	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