



Week Commencing 09/11/2020



DAILY CHEF SPECIALS!

Week 2	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 Burger on a bun served with Wedges and Beans	Homemade Cheesy Pasta Bake served with Crusty Bread	Homemade Quorn Spaghetti Bolognese served with Warmed Garlic Bread	Sausage, Mash, Seasonal Vegetables and Gravy	Fish Fingers served with Chips & Mushy Peas
<p>Alternative Dish</p> <p>Jacket Potatoes with tuna and other fillings available daily.</p>	Veggie Burger	Tuna Pasta	Beans on Toast	Veggie Sausage/ Twice Baked Jackets	Veggie Sausage Roll
Homemade Soup					
<p>Starchy Food</p> <p>Various bread choices available</p>	Wedges	Pasta	Spaghetti	Mash	Chips
<p>Vegetables</p> <p>Salad bar with hummus</p>	Beans	Salad	Tomatoes	Seasonal Vegetables	Mushy Peas
<p>Dessert</p> <p>Menu Choices may alter based upon school & pupil preference</p>	Cheese and Crackers Yoghurts	Strawberry Mousse Fresh Fruit	Choc Ice Yoghurts	Iced Sponge Cake 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