

Week 3	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 Burger on a bun served with Wedges and Beans	Sausage served with Hash Brown and Beans	Beef Mince Pie or Quorn Mince Shepherd's Pie served with Seasonal Vegetables and Gravy	BBQ Chicken served with Rice and Corn on the Cob	Fish Cake or Fish Fingers served with Chips & Mushy Peas
Alternative Dish <i>Jacket Potatoes with tuna and other fillings available daily.</i>	Veggie Burger	Veggie Sausage	Beans on Toast	Tuna Pasta Salad	Meat Free Roll
Homemade Soup					
Starchy Food <i>Various bread choices available</i>	Wedges	Hash Brown	Twice Baked Jackets	Rice	Chips
Vegetables <i>Salad bar with hummus</i>	Beans	Beans	Vegetable/ Salad	Salad	Mushy Peas
Dessert <i>Menu Choices may alter based upon school & pupil preference</i>	Cheese and Crackers Yoghurts Fresh Fruit	Strawberry Mousse Fresh Fruit	Choc Ice Yoghurts	Iced Carrot Cake Fresh Fruit	Cheese and Crackers 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