

Week 4	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>	Hot Dog on a bun served with Wedges and Beans	Homemade Liverpool Scouse served with Beetroot and Pickles	Homemade Tomato Pasta Bake served with Green Beans and Crusty Bread	Chicken Curry served with Rice, Spring Rolls and Samosa	Fish Fingers served with Chips & Garden Peas
Alternative Dish <i>Jacket Potatoes with tuna and other fillings available daily.</i>	Veggie Burger	Cheese Toastie Twice Baked Jackets	Beans on Toast	Tuna Pasta	Veggie Sausage Rolls
Homemade Soup					
Starchy Food <i>Various bread choices available</i>	Wedges	Potato	Pasta	Wholemeal Rice/ Pasta	Chips
Vegetables <i>Salad bar with hummus</i>	Beans	Beetroot	Green Beans	Salad	Garden Peas
Dessert <i>Menu Choices may alter based upon school & pupil preference</i>	Cheese and Crackers Yoghurts or Fresh Fruit	Apple & Oat Crumble with Custard Fresh Fruit	Homemade Chocolate Cake Yoghurts	Choc Ice Fresh Fruit	Cheese and Crackers Fruit or 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