

Week 5	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 or Beef Burger on Bun served with Wedges	Beef Casserole served with Seasonal Vegetables and Gravy	Quorn Mince Shepherd's Pie served with Seasonal Vegetables or Beef Cottage Pie	Cumberland Sausage Wellington served with Mashed Potatoes, Seasonal Vegetables and Gravy	Fish Fingers or Fish Cake served with Chips and Beans
Alternative Dish <i>Jacket Potatoes with tuna and other fillings available daily.</i>	Veggie Burger	Cheese & Tomato Toasties	Beans on Toast	Veggie Sausage	Meat Free Roll
Homemade Soup					
Starchy Food <i>Various bread choices available</i>	Wedges	Potato	Toast/ Potato	Mash	Chips
Vegetables <i>Salad bar with hummus</i>	Beans	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Beans
Dessert <i>Menu Choices may alter based upon school & pupil preference</i>	Cheese and Crackers Yoghurts or Fresh Fruit	Choc Ice Fresh Fruit	Iced Carrot Cake Yoghurts	Yoghurts Jelly Pots or Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts
<p>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.</p> <p><i>FFT is a 'not for profit' School Company owned by its Partner Schools- Our Meals are prepared Daily</i></p>					