

Week 1	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 served with Wedges	Cheesy Pasta Bake served with Garlic Bread	Scouse served with Beetroot, Red Cabbage and Crusty Bread	Roast Dinner served with Roast Potatoes, Stuffing, Broccoli, Carrots and Gravy	Fish Fingers served with Chips and Baked Beans
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.	Hot Dog	Tuna Pasta	Beans on Toast	Quorn Roast	Meat Free Rolls
Homemade Soup					
Starchy Food Various bread choices available	Wedges	Pasta	Wholemeal Toast	Roast Potatoes	Chips
Vegetables Salad bar with hummus	Salad	Salad	Beetroot/ Cabbage	Mixed Vegetables	Baked Beans
Dessert Menu Choices may alter based upon school & pupil preference	Cheese and Crackers Yoghurts or Fresh Fruit	Iced Sponge Cake or Fresh Fruit	Homemade Shortbread Biscuits or Yoghurts	Ice Cream or Fresh Fruit	Cheese and Crackers Yoghurts or 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