

Week 6	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	Homemade BBQ Chicken served with Wholemeal Rice and Corn on the Cob	Scouse served with Crusty Bread, Beetroot and Red Cabbage	Turkey Christmas Dinner - Carrot & Swede, Parsnips, Pigs in Blankets & Stuffing	Turkey Christmas Dinner - Carrot & Swede, Parsnips, Pigs in Blankets & Stuffing
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.	Veggie Burger	Veggie Style BBQ Chicken	Beans on Toast	Quorn Roast Joint	Quorn Roast Joint
Homemade Soup					
Starchy Food Various bread choices available	Wedges	Wholemeal Rice	Potato	Roast Potatoes	Roast Potatoes
Vegetables Salad bar with hummus	Beans	Corn on the Cob	Red Cabbage	Cauliflower	Cauliflower
Dessert Menu Choices may alter based upon school & pupil preference	Cheese and Crackers Yoghurts or Fresh Fruit	Jam & Coconut Sponge Cake Cheese & Crackers or Fresh Fruit	Cheese & Crackers Fresh Fruit or Yoghurts	Ice Cream Reindeer, Mince Pie or Christmas Pudding	Ice Cream Reindeer, Mince Pie or Christmas Pudding
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. <i>FFT is a 'not for profit' School Company owned by its Partner Schools- Our Meals are prepared Daily</i>					