

Week 7	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>	Fish Finger or Fish Cake served with Chips and Beans	Beef Bolognese served with Pasta and Garlic Bread	Cheesy Pasta Bake	PARTY DAY Hot Dogs, Sausage Rolls, Chicken Nuggets, Burgers, Crisps	INSET DAY
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.	Meat Free Roll	Quorn Bolognese	Tuna Pasta	Veggie Burgers	
Homemade Soup					
Starchy Food Various bread choices available	Chips	Spaghetti Pasta	Pasta	Bread Buns	
Vegetables Salad bar with hummus	Beans	Salad	Salad	Salad	
Dessert Menu Choices may alter based upon school & pupil preference	Cheese and Crackers Yoghurts or Fresh Fruit	Jam & Coconut Sponge Cake or Fresh Fruit	Scones with Jam & Butter Fresh Fruit or Yoghurts	Ice Cream & Cakes	
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>					