



Week Commencing 01/02/2021



DAILY CHEF SPECIALS!

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 served with Wedges and Beans	All Day Breakfast - Sausage, Bacon, Scrambled Egg, Hash Browns, Mushrooms and Roasted Tomatoes	Roast Dinner - Ham/ Turkey, Roast Potatoes, Yorkies & Seasonal Vegetables	Spaghetti Bolognese served with Garlic Bread	Fish Fingers served with Chips and Minted Mushy Peas
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.	Veggie Burger	Veggie Brekkie	Cheese & Tomato Quiche	Quorn Bolognese	Meat Free Roll
Homemade Soup	Pea & Watercress	Red Pepper & Butternut Squash	Carrot & Sweet Potato	Chef's Choice	Chef's Choice
Starchy Food Various bread choices available	Wedges	Hash Browns	Roast Potatoes	Whole-wheat Pasta	Chips
Vegetables Salad bar with hummus	Beans	Tomatoes	Seasonal Vegetables	Carrots & Broccoli	Mushy Peas
Dessert Menu Choices may alter based upon school & pupil preference	Chocolate Fudge Cake or Fresh Fruit	Yoghurts, Cheese & Crackers or Fresh Fruit	Ice Cream Mousse or Yoghurts	Apple Crumble & 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