

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>  <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	Pork or Veggie Sausages served with Mash and Broccoli	Homemade Spaghetti (Beef or Quorn) Bolognese served with Warmed Garlic Bread	Beef or Turkey Roast Dinner served with Cauliflower, Baby Carrots, Roast Potatoes, and Gravy	Fish Fingers served with Chips and Mushy Peas
<b>Alternative Dish</b> Jacket Potatoes with tuna and other fillings available daily.	Veggie Burger	Jacket Potatoes	Jacket Potatoes	Quorn Roast or Jacket Potatoes	Veggie Sausage Rolls
<b>Homemade Soup</b>					
<b>Starchy Food</b> Various bread choices available	Wedges	Mash	Spaghetti	Roast Potatoes	Chips
<b>Vegetables</b> Salad bar with hummus	Salad	Salad	Salad	Carrots and Cauliflower	Mushy Peas
<b>Dessert</b> Menu Choices may alter based upon school & pupil preference	Cheese & Crackers Yoghurts or Fresh Fruit	Cheese & Crackers, Yoghurts, Fruit or Carrot Cake	Cheese & Crackers, Fruit, Strawberry Mousse or Yoghurts	Ice Cream, Cheese & Crackers 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. <i>FFT is a 'not for profit' School Company owned by its Partner Schools- Our Meals are prepared Daily</i>					