

Week 3	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	Steak Mince and Mash Potato with Onion Gravy and Green Beans	Roast Dinner	Homemade Scouse served with Red Cabbage and Crusty Bread	Fish Cake or Fish Fingers served with Chips and Mushy Peas
<b>Alternative Dish</b> <i>Jacket Potatoes with tuna and other fillings available daily.</i>	Veggie Burger	Creamy Cheese Pasta Bake	Quiche	Beans on toast or Tuna Pasta Salad	Veggie Roll
<b>Homemade Soup</b>	Mulligatawny	Pea & Watercress	Carrot & Sweet Potato	Roasted Red Pepper & Butternut Squash	Chicken Barley
<b>Starchy Food</b> <i>Various bread choices available</i>	Wedges	Mash Potato	Wholemeal Rice	Potatoes	Chips
<b>Vegetables</b> <i>Salad bar with hummus</i>	Salad	Green Beans	Cabbage	Carrots	Mushy Peas
<b>Dessert</b> <i>Menu Choices may alter based upon school &amp; pupil preference</i>	Cheese & Crackers Yoghurts or Fresh Fruit	Choc Cakes or Fruit	Choc Ice or Yoghurts	Fresh Fruit Salad or Fresh Fruit	Cheese and Crackers, Mixed Flavour Yoghurts or Fresh Fruit
<p>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 &amp; Fairtrade Produce. Food for Thought use only free range eggs.</p> <p><i>FFT is a 'not for profit' School Company owned by its Partner Schools- Our Meals are prepared Daily</i></p>					