

Week 4	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	Homemade Sausage and Mash served with Onion Gravy and Seasonal Vegetables	Roast Dinner	Chicken Curry served with Rice	Fish Fingers served with Chips and Baked Beans
Alternative Dish <i>Jacket Potatoes with tuna and other fillings available daily.</i>	Veggie Burger	Vegetable Sausage Toasties	Cheese & Tomato Quiche	Vegetable Samosa and Spring Rolls	Cheese Pizza
Homemade Soup	Red Pepper	Chicken Barley	Chef's Choice	Red Pepper & Butternut Squash	Mulligatawny
Starchy Food <i>Various bread choices available</i>	Wedges	Mash Potato	Roast Potatoes	Rice	Homemade Chips
Vegetables <i>Salad bar with hummus</i>	Beans	Seasonal Vegetables	Seasonal Vegetables	Mixed Peppers	Baked Beans
Dessert <i>Menu Choices may alter based upon school & pupil preference</i>	Cheese & Crackers Yoghurts or Fruit	Iced Apple Flapjack or Fresh Fruit	Choc Ice or Fruit	Fresh Fruit Salad or Yoghurts	Cheese and Crackers, 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 & 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>					