

Week 6	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>	Beef Burger served with Wedges and Beans	BBQ Chicken served with Rice and Corn the Cob	Roast Dinner - Ham/ Turkey, Roast Potatoes, Yorkies & Seasonal Vegetables	Homemade Spaghetti Bolognese served with Garlic Bread & Side Salad	Fish Cake or Fish Fingers served with Chips and Sweetcorn
<b>Alternative Dish</b> Jacket Potatoes with tuna and other fillings available daily.	Veggie Burger	Tuna Pasta	Quiche	Quorn Bolognese	Meat Free Roll
Homemade Soup	Carrot & Lentil	Chef's Choice	Chef's Choice	Tomato & Basil	Chef's Choice
<b>Starchy Food</b> Various bread choices available	Wedges	Rice	Roast Potatoes	Pasta	Chips
<b>Vegetables</b> Salad bar with hummus	Beans	Corn on Cob	Cabbage	Side Salad	Sweetcorn
<b>Dessert</b> Menu Choices may alter based upon school & pupil preference	Apple Flapjacks or Fresh Fruit	Yoghurts, Cheese & Crackers or Fresh Fruit	Artic Roll or Yoghurts	Jelly Pots or Fresh Fruit	Cheese and Crackers, Mixed Flavour Yoghurts or 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>					