

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Main Dish</p> <p><i>We provide a variety of seasonal hot and cold dishes, for children to freely choose from.</i></p>	Beef Burger or Hot Dog served with Wedges and Beans	All Day Breakfast includes Sausage, Scrambled Egg, Hash Brown, Mushrooms & Roasted Tomatoes	Ham/ Chicken Roast Dinner served with Broccoli, Baby Carrots, Roast Potatoes, Yorkshire Pudding, Stuffing & Gravy	Homemade Spaghetti Bolognese served with Garlic Bread & Side Salad	Fish Cake or Fish Fingers served with Chips and Peas or Sweetcorn
<p>Alternative Dish</p> <p>Jacket Potatoes with tuna and other fillings available daily.</p>	Veggie Burger	Veggie Breakfast	Cheese Quiche	Quorn Bolognese	Veggie Sausage Roll
Homemade Soup	Chef's Choice	Vegetable	Chef's Choice	Leek & Potato	Chef's Choice
<p>Starchy Food</p> <p>Various bread choices available</p>	Wedges	Hash Brown	Roast Potatoes	Pasta	Chips
<p>Vegetables</p> <p>Salad bar with hummus</p>	Beans	Tomatoes	Carrots & Broccoli	Salad	Peas
<p>Dessert</p> <p>Menu Choices may alter based upon school & pupil preference</p>	Victoria Sponge Cake or Fresh Fruit	Peaches & Cream or Fresh Fruit	Ice Cream Mousse, Fresh Fruit or Yoghurts	Shortbread, Yoghurts or Fresh Fruit	Cheese and Crackers with 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