

Week 3	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>	Beef Burger or Hot Dog served with Wedges and Beans	BBQ Chicken served with Rice & Corn on the Cob	Ham/ Chicken Roast Dinner served with Seasonal Vegetables, Roast Potatoes, Yorkshire Pudding, Stuffing & Gravy	Homemade Tomato & Cheese Pasta served with Garlic Bread or Beans on Toast	Fish Cake or Fish Fingers served with Chips, Mushy Peas or Sweetcorn
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.	Veggie Burger	Cheese Toasties	Cheese & Tomato Quiche	Tuna Pasta Salad	Meat Free Roll
Homemade Soup					
Starchy Food Various bread choices available	Wedges	Rice	Roast Potatoes	Pasta	Chips
Vegetables Salad bar with hummus	Beans	Corn on the Cob	Seasonal Vegetables	Salad	Mushy Peas/ Sweetcorn
Dessert Menu Choices may alter based upon school & pupil preference	Yoghurts, Cheese & Crackers or Fresh Fruit	Strawberry Mousse or Fresh Fruit	Choc Ice or Yoghurts	Iced Jam Sponge Cake 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. FFT is a 'not for profit' School Company owned by its Partner Schools- Our Meals are prepared Daily					