

Week 1	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	Homemade Sausage & Mash Potato with Onion Gravy & Garden Peas	Ham/ Turkey Roast Dinner served with, Roast Potatoes, Seasonal Vegetables, Stuffing, Yorkies & Gravy	Quorn Bolognese served with Whole wheat Pasta & Garlic Bread	Fish Fingers served with Chips & Baked Beans
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.	Veggie Burger	Vegetable Sausage	Cheese Quiche	Tuna Pasta	Meat Free Rolls
Homemade Soup					
Starchy Food Various bread choices available	Wedges	Mash Potato	Roast Potatoes	Pasta	Chips
Vegetables Salad bar with hummus	Beans	Seasonal Vegetables	Seasonal Vegetables	Salad	Baked Beans
Dessert Menu Choices may alter based upon school & pupil preference	Yoghurts, Cheese & Crackers or Fresh Fruit	Peaches & Cream, Yoghurts or Fresh Fruit	Choc Ice	Jam Sponge or Fresh Fruit	Cheese & Crackers 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. <i>FFT is a 'not for profit' School Company owned by its Partner Schools- Our Meals are prepared Daily</i>					