

Week 4	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 or Hot Dog served with Wedges and Beans	Homemade Cheesy Pasta Bake served with Garlic Bread	Ham/ Chicken Roast Dinner served with Seasonal Vegetables, Roast Potatoes, Yorkshire Pudding, Stuffing & Gravy	BBQ Chicken served with Brown Rice and Corn on the Cob	Fish Fingers served with Chips, Peas or Sweetcorn
<b>Alternative Dish</b> Jacket Potatoes with tuna and other fillings available daily.	Veggie Burger	Beans on Toast	Tuna Pasta	Cheese Quiche	Meat Free Roll
<b>Homemade Soup</b>					
<b>Starchy Food</b> Various bread choices available	Wedges	Pasta	Roast Potatoes	Rice	Chips
<b>Vegetables</b> Salad bar with hummus	Beans	Salad	Seasonal Vegetables	Corn on the Cob	Peas/ Sweetcorn
<b>Dessert</b> Menu Choices may alter based upon school & pupil preference	Yoghurts, Cheese & Crackers or Fresh Fruit	Jam Sponge, Yoghurts or Fresh Fruit	Choc Ice, Fruit or Yoghurts	Fresh Fruit Salad, Yoghurts or Fresh Fruit	Cheese and Crackers, 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. <i>FFT is a 'not for profit' School Company owned by its Partner Schools- Our Meals are prepared Daily</i>					