

Week 5	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	Sausage, Mash, Seasonal Vegetables and Gravy	Ham/ Chicken Roast Dinner served with Broccoli, Baby Carrots, Roast Potatoes, Yorkshire Pudding & Gravy	Homemade Cheesy Pasta Bake served with Garlic Bread	Fish Fingers served with Chips, Peas or Sweetcorn
<b>Alternative Dish</b> Jacket Potatoes with tuna and other fillings available daily.	Veggie Burger	Veggie Sausages	Cheese Quiche	Tuna Pasta or Beans on Toast	Meat Free Roll
<b>Homemade Soup</b>					
<b>Starchy Food</b> Various bread choices available	Wedges	Mash	Roast Potatoes	Pasta	Chips
<b>Vegetables</b> Salad bar with hummus	Beans	Salad	Broccoli & Baby Carrots	Salad	Peas/ Sweetcorn
<b>Dessert</b> Menu Choices may alter based upon school & pupil preference	Yoghurts, Cheese & Crackers or Fresh Fruit	Peaches & Cream or Fresh Fruit	Strawberry Ice Cream Mousse, Fruit or Yoghurts	Apple Crumble & Cream 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>					