

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