

Week 1	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	Quorn Bolognese served with Garlic Bread	Ham/ Turkey Roast Dinner served with Carrots, Broccoli, Yorkies, Stuffing & Roast Potatoes	BBQ Chicken served with Corn on the Cob	Fish Fingers served with Chips & Baked Beans or Sweetcorn
<b>Alternative Dish</b> Jacket Potatoes with tuna and other fillings available daily.	Veggie Sausage	Tuna Pasta	Cheese & Tomato Quiche	Veg Samosa & Spring Rolls	Veggie 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	Mixed Salad	Salad	Carrots & Broccoli	Corn on the Cob	Baked Beans or Sweetcorn
<b>Dessert</b> Menu Choices may alter based upon school & pupil preference	Cheese & Crackers, Fruit or Yoghurts	Iced Sponge or Fruit	Choc Ice, Fruit or Yoghurts	Fresh Fruit Salad, Cheese & Crackers or Fresh Fruit	Cheese & 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>					