

Week 5	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	Cheesy Pasta Bake served with Garlic Bread	Ham/ Turkey Roast Dinner served with Carrots, Broccoli, Yorkies, Stuffing & Roast Potatoes	Savoury Mince served with Mash, Seasonal Vegetables & Gravy	Fish Fingers served with Chips & Sweetcorn
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.	Veggie Burger	Tuna Pasta	Cheese & Tomato Quiche	Beans on Toast	Veggie Rolls
Homemade Soup					
Starchy Food Various bread choices available	Wedges	Pasta	Roast Potatoes	Mash	Chips
Vegetables Salad bar with hummus	Beans	Salad	Carrots & Broccoli	Seasonal Vegetables	Sweetcorn
Dessert Menu Choices may alter based upon school & pupil preference	Cheese & Crackers, Fresh Fruit or Yoghurts	Fresh Fruit Salad or Yoghurts	Choc Ice or Yoghurts	Sponge Selection 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.

FFT is a 'not for profit' School Company owned by its Partner Schools- Our Meals are prepared Daily