

Week 4	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	Homemade Sausage & Mash Potato served with Onion Gravy and Seasonal Vegetables	Ham/ Turkey Roast Dinner served with Carrots, Broccoli, Yorkies, Stuffing & Roast Potatoes	Homemade Cheesy Pasta Bake served with Garlic Bread	Fish Fingers served with Chips & Sweetcorn
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.	Veggie Sausage	Quorn Cottage Pie	Cheese Quiche	Tuna Pasta	Meat Free Roll
Homemade Soup					
Starchy Food Various bread choices available	Wedges	Mash Potato	Roast Potatoes	Pasta	Chips
Vegetables Salad bar with hummus	Mixed Salad	Sweetcorn	Carrots & Broccoli	Salad	Sweetcorn
Dessert Menu Choices may alter based upon school & pupil preference	Cheese & Crackers, Fresh Fruit or Yoghurts	Flapjacks or Fresh Fruit	Artic Roll or Yoghurts	Cheese & Crackers, Strawberry Mousse 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					