

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	Quorn Bolognese served with Garlic Bread	Ham/ Turkey Roast Dinner served with Seasonal Vegetables, Yorkies, Stuffing & Roast Potatoes	Chicken Curry or BBQ Chicken served with Rice	Fish Fingers served with Chips & Mushy Peas
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.	Veggie Burger	Beans on Toast	Cheese Quiche	Spring Rolls & Samosas	Veggie Sausage Roll
Homemade Soup					
Starchy Food Various bread choices available	Wedges	Wholemeal Pasta	Roast Potatoes	Rice	Chips
Vegetables Salad bar with hummus	Mixed Salad	Salad	Carrots & Broccoli	Salad	Mushy Peas
Dessert Menu Choices may alter based upon school & pupil preference	Cheese & Crackers, Fresh Fruit or Yoghurts	Vanilla Sponge Cake or Fresh Fruit	Ice Cream or Yoghurts	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