

Week 6	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	Cheesy Pasta Bake served with Garlic Bread	Ham/ Turkey Roast Dinner served with Seasonal Vegetables, Yorkies, Stuffing & Roast Potatoes	BBQ Chicken served with Rice and Corn on the Cob	Fish Fingers or Fish Cake served with Chips & Mushy Peas
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.	Veggie Burger	Tuna Pasta	Cheese & Tomato Quiche	Spring Rolls & Samosas	Meat Free Roll
Homemade Soup					
Starchy Food Various bread choices available	Wedges	Pasta	Roast Potatoes	Rice	Chips
Vegetables Salad bar with hummus	Mixed Salad	Salad	Seasonal Vegetables	Salad	Mushy Peas
Dessert Menu Choices may alter based upon school & pupil preference	Cheese & Crackers, Fresh Fruit	Yoghurt Fruit Crunch Pots or Fresh Fruit	Choc Ice or Yoghurts	Strawberry Mousse 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>					