



Week Commencing 30/08/2021



**DAILY CHEF SPECIALS!**

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Main Dish</b></p> <p><i>We provide a variety of seasonal hot and cold dishes, for children to freely choose from.</i></p>				BBQ Chicken served with Rice & Sweetcorn	Fish Fingers or Fish Cake served with Chips & Sweetcorn
<p><b>Alternative Dish</b></p> <p>Jacket Potatoes with tuna and other fillings available daily.</p>				Spring Rolls & Samosas	Meat Free Roll
<b>Homemade Soup</b>					
<p><b>Starchy Food</b></p> <p>Various bread choices available</p>				Rice	Chips
<p><b>Vegetables</b></p> <p>Salad bar with hummus</p>				Salad	Sweetcorn
<p><b>Dessert</b></p> <p>Menu Choices may alter based upon school &amp; pupil preference</p>				Choc Ice, Fruit or Yoghurts	Cheese & Crackers, 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.  
**FFT is a 'not for profit' School Company owned by its Partner Schools- Our Meals are prepared Daily**