

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>  <i>We provide a variety of seasonal hot and cold dishes, for children to freely choose from.</i>	Homemade Cheesy Pasta Bake served with Garlic Bread	Sausage & Mash served with Seasonal Vegetables & Gravy	Ham or Turkey Roast Dinner served with Seasonal Vegetables, Roast Potatoes & Gravy	Homemade Scouse served with Red Cabbage & Crusty Bread	Fish Fingers served with Chips & Sweetcorn
<b>Alternative Dish</b> Jacket Potatoes with tuna and other fillings available daily.	Tuna Pasta	Vegetable Sausage	Cheese Quiche	Beans on Toast	Meat Free Roll
<b>Homemade Soup</b>					
<b>Starchy Food</b> Various bread choices available	Pasta	Mashed Potato	Roast Potato	Potatoes	Chips
<b>Vegetables</b> Salad bar with hummus	Salad	Seasonal Vegetables	Seasonal Vegetables	Red Cabbage	Sweetcorn
<b>Dessert</b> Menu Choices may alter based upon school & pupil preference	Yoghurts or Cheese & Crackers	Fresh Fruit Salad or Yoghurts	Choc Ice or Fresh Fruit	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. <i>FFT is a 'not for profit' School Company owned by its Partner Schools- Our Meals are prepared Daily</i>					