

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>	Homemade Pizza with Wholemeal Pizza Base served with Homemade Wedges and Salad	Beef Bolognese served with Whole-wheat Pasta & Garlic Bread	Ham or Turkey Roast Dinner served with Seasonal Vegetables, Roast Potatoes & Gravy	Sausage & Mash served with Seasonal Vegetables & Gravy	Fish Fingers or Fishcake served with Chips & Sweetcorn
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.	Vegetable Curry & Rice	Quorn Bolognese	Cheese Quiche	Vegetable Sausage	Meat Free Roll
Homemade Soup					
Starchy Food Various bread choices available	Wedges	Pasta	Roast Potato	Mashed Potato	Chips
Vegetables Salad bar with hummus	Salad	Mixed Salad	Seasonal Vegetables	Seasonal Vegetables	Sweetcorn
Dessert Menu Choices may alter based upon school & pupil preference	Yoghurts or Fresh Fruit Salad	Carrot Cake or Fresh Fruit	Choc Ice, Yoghurts or Fresh Fruit	Chocolate Cookie, Yoghurts or 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>					