

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>	Cheesy Pasta Bake served with Garlic Bread	Chicken Curry served with Rice	Ham or Turkey Roast Dinner served with Seasonal Vegetables, Roast Potatoes & Gravy	Sausage & Mash served with Seasonal Vegetables & Gravy	Fish Fingers served with Chips & Mushy Peas
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.	Tuna Pasta Bake	Vegetable Curry or Beans on Toast	Vegetable Quiche	Vegetable Sausage or Cheese on Toast	Veggie Sausage Roll
Homemade Soup					
Starchy Food Various bread choices available	Garlic Bread	Rice	Roast Potato	Mashed Potato	Chips
Vegetables Salad bar with hummus	Salad	Vegetables	Seasonal Vegetables	Seasonal Vegetables	Mushy Peas
Dessert Menu Choices may alter based upon school & pupil preference	Yoghurts or Fresh Fruit	Victoria Sponge, Cheese & Crackers or Fresh Fruit	Ice Cream or Fresh Fruit	Chocolate Cookies 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>					