

Week 1	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>	INSET DAY	Quorn Mince Shepherd's Pie served with Green Beans or Pork Sausage	Homemade Chicken Korma Curry served with Rice & Naan Bread	Cheese Pizza served with Wedges & Salad	Fish Fingers served with Chips & Baked Beans
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.		Tuna Pasta/ Veggie Sausage/ Plain Pasta	Cherry Tomato Quiche/ Tuna Pasta/ Plain Pasta	Tomato & Cheesy Pasta, Tuna Pasta	Homemade Salmon & Leek Fish Pie
Homemade Soup		Red Pepper	Carrot & Lentil	Vegetable	Chef Choice
Starchy Food Various bread choices available		Mashed Potato	Rice	Wedges	Chips
Vegetables Salad bar with hummus		Green Beans	Tomatoes	Fresh Salad	Baked Beans
Dessert Menu Choices may alter based upon school & pupil preference		Artic Roll	Sponge Cake with Custard or Fresh Fruit	Iced Shortbread or Fresh Fruit	Cheese & Crackers 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>					