

Week 6	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>	Quorn Bolognese served with Pasta & Garlic Bread	Traditional Scouse served with Crusty Bread	Chicken Burger served with Wedges	Full Breakfast: Sausage, Hash Brown, Beans, Mushroom, Scrambled Egg & Tomatoes	Fish Fingers, Fishcake or Fish served with Chips & Mushy Peas
<b>Alternative Dish</b> Jacket Potatoes with tuna and other fillings available daily.	Cheese Quiche served with Salad	Quorn Cottage Pie served with Peas	Fry's Chicken Burger	Veggie Breakfast	Veggie Burger
<b>Homemade Soup</b>					
<b>Starchy Food</b> Various bread choices available	Pasta / Garlic Bread	Crusty Bread	Wedges	Hash Brown	Chips
<b>Vegetables</b> Salad bar with hummus	Salad	Peas	Beans	Beans / Tomatoes	Mushy Peas
<b>Dessert</b> Menu Choices may alter based upon school & pupil preference	Yoghurts or Fresh Fruit	Angel Delight or Fresh Fruit	Cheesecake or Yoghurts	Cornflake Cakes, Cheese & Crackers or Fresh Fruit	Artic Roll or Mixed Flavour Yoghurts
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>					