

Week 8	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>	Veggie Sausage Roll served with Homemade Wedges & Fresh Salad	Ham/Turkey served with Potatoes, Seasonal Vegetables & Gravy	Chicken Burger served with Herb Potatoes & Beans	Homemade Beef Spaghetti Bolognese served with Garlic Bread	Fish Fingers or Fishcake served with Chips & Beans
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.	Pasta with Tomato & Basil Sauce	Beef Burger or Vegetable Sausage	Halal Burgers	Quorn Bolognese	Meat Free Roll
Homemade Soup					
Starchy Food Various bread choices available	Wedges	Potato	Herb Potatoes	Spaghetti	Chips
Vegetables Salad bar with hummus	Fresh Salad	Seasonal Vegetables	Beans	Fresh Salad	Beans
Dessert Menu Choices may alter based upon school & pupil preference	Fresh Fruit Salad or Fresh Fruit	Artic Roll or Fresh Fruit	Pineapple Upside Cake or Mixed Yoghurts	Scones with Butter & Jam or Fresh Fruit	Cheese & Crackers 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>					