

Week 2	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>	Mac & Cheese or Homemade Vegetable Curry Served with Rice	All Day Breakfast with Sausage, Scrambled Egg, Toast, Mushrooms & Hash Browns	BBQ Chicken with Rice served with Butter Glazed Corn on the Cob	Ham Roast Dinner with Cauliflower Cheese, Roast Potatoes, Baby Carrots & Gravy	Battered Fish or Fish Fingers served with Chips & Minted Mushy Peas
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.	Cheesy Pasta Bake/ Tuna pasta/ Garlic Bread	Vegetable Sausage/ Tuna Pasta	Quorn Mince Cottage Pie/ Tuna Pasta	Cheese Quiche/ Tuna Pasta	Veggie Sausage Roll
Homemade Soup	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef Choice
Starchy Food Various bread choices available	Rice/ Pasta	Hash Browns	Rice	Roast Potato	Chips
Vegetables Salad bar with hummus	Vegetables/ Salad	Mushrooms	Sweetcorn	Carrots & Broccoli	Mushy Peas
Dessert Menu Choices may alter based upon school & pupil preference	'Chocolate' Fudge Cake or Fresh Fruit	Vanilla Cheesecake or Fresh Fruit	Fresh Fruit Salad or Yghurts	Apple Flapjacks or Fresh Fruit	Cheese & Crackers with 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.

FFT is a 'not for profit' School Company owned by its Partner Schools- Our Meals are prepared Daily