

Week 3	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>	Quorn Spaghetti Bolognese served with Garlic Bread	Cumberland Sausage Slice served with Homemade Wedges and Brown Sauce or Veggie Sausage	Homemade Beef Mince Lasagne served with Garlic Bread and Salad	Homemade Scouse served with Red Cabbage and Crusty Bread	Fish Cake or Fish Fingers served with Chips & Mushy Peas
Alternative Dish <i>Jacket Potatoes with tuna and other fillings available daily.</i>	Cherry Tomato Quiche served with Crispy Fresh Salad	Tuna Pasta with Cucumber and Red Onion	Cheese Toasties/ Cheesy Pasta Bake	Twice Baked Jacket Potatoes/ Tuna Pasta	Cheese Pizza/ Meat Free Rolls
Homemade Soup	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef Choice
Starchy Food <i>Various bread choices available</i>	Pasta	Potato Wedges	Lasagne Pasta	Potatoes	Chips
Vegetables <i>Salad bar with hummus</i>	Tomato	Green Beans	Salad	Carrots	Mushy Peas
Dessert <i>Menu Choices may alter based upon school & pupil preference</i>	Fresh Fruit Salad or Fresh Fruit	Iced Sponge or Fresh Fruit	Trifle or Yoghurts	Apple Flapjacks or Fresh Fruit	Rich Chocolate Cookies 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. FFT is a 'not for profit' School Company owned by its Partner Schools- Our Meals are prepared Daily					