

Week 4	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>	Homemade Pizza with Wholemeal Pizza Base served with Homemade Wedges and Salad	Chicken Roast Dinner with Roast Potatoes, Stuffing, Broccoli, Carrots and Gravy	Spaghetti Bolognese served with Garlic Bread	Pork Sausage and Mashed Potato with Onion Gravy or Vegetable Sausage	Fish Cake with Chips and Beans
Alternative Dish <i>Jacket Potatoes with tuna and other fillings available daily.</i>	Cheesy Pasta Bake or Vegetable Burger	Tuna Pasta or Tomato Quiche	Quorn Bolognese Plain Pasta or Tuna Pasta	Homemade Salmon and Leek Fish Pie or Tuna Pasta	Veggie Sausage Roll
Homemade Soup	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef Choice
Starchy Food <i>Various bread choices available</i>	Pizza Base	Roast Potato	Pasta	Mash Potato	Chips
Vegetables <i>Salad bar with hummus</i>	Mixed Salad	Seasonal Vegetable	Tomato	Broccoli	Baked Beans
Dessert <i>Menu Choices may alter based upon school & pupil preference</i>	Fresh Fruit Salad or Yoghurts	Cherry Bakewell Slice served with Custard or Fresh Fruit	Carrot Cake or Yoghurts	Cheese & Crackers or Fresh Fruit	Arctic Roll or Fresh Fruit
<p>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.</p> <p><i>FFT is a 'not for profit' School Company owned by its Partner Schools- Our Meals are prepared Daily</i></p>					