

| Week 5 | 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 Vegetable Curry with Yoghurt & Mint Dip served with Brown Rice | All Day Breakfast with Sausage, Scrambled Egg, Hash Brown, Mushrooms, Roasted Tomato or Vegetable Sausage | Homemade Chicken Pie served with Mash & Green Beans or Sliced Ham/ Turkey, Mash & Gravy | Beef Bourguignon served with Roasted New Potatoes or Scouse | Fish Fingers or Battered Fish with Chips and Minted Mushy Peas |
| Alternative Dish Jacket Potatoes with tuna and other fillings available daily. | Tuna Pasta, Cheese Quiche or Beans on Toast | Vegetable & Feta Pasta | Cheese Pie or Tuna Pasta | Macaroni Cheese | 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 | Wholemeal Rice | Wholemeal Toast | Mash | New Potatoes | Chips |
| Vegetables Salad bar with hummus | Celery & Cabbage | Mushrooms | Peas | Carrots | 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 Yoghurts | Chocolate Cookies 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 | | | | | |