

Week 1	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>	Bank Holiday		Homemade Scouse served with Crusty Bread and Beetroot, Tuna Pasta or Cheesy Pasta Bake	Quorn Bolognese served with Garlic Bread	Fish Fingers or Fish Cake served with Chips and Baked Beans
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.			Twice Baked Jacket Potatoes	Tuna Pasta	Veggie Rolls
Homemade Soup			Chef's Choice	Chef's Choice	Chef's Choice
Starchy Food Various bread choices available			Potato	Pasta	Chips
Vegetables Salad bar with hummus			Carrots	Salad	Baked Beans
Dessert Menu Choices may alter based upon school & pupil preference			Cheese & Crackers, Yoghurts or Fresh Fruit Salad	Iced Shortbread or Fresh Fruit	Cheese & Crackers , 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. <i>FFT is a 'not for profit' School Company owned by its Partner Schools- Our Meals are prepared Daily</i>					