

Week 6	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>	Macaroni Cheese served with Peas and Crusty Bread or Tomato & Cheese Pasta	Meatball Sub served with Wedges and Salad or Cheese Pizza	Vegetable Stir Fry served with Noodles or BBQ Chicken with Corn on Cob & Rice	Chicken Pie or Steak Mince Pie and Mash Potato with Onion Gravy and Green Beans	Fish Fingers and Chips served with Mushy Peas
Alternative Dish <i>Jacket Potatoes with tuna and other fillings available daily.</i>	Cherry Tomato Quiche served with Crispy Fresh Salad	Vegetable & Lentil Stew	Spring Rolls, Samosa or Tuna Pasta	Twice Baked Jacket Potatoes or Cheese & Onion Pie	Veggie Burger in a Bun
Homemade Soup	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef Choice
Starchy Food <i>Various bread choices available</i>	Macaroni Pasta	Wedges	Rice	Mash	Chips
Vegetables <i>Salad bar with hummus</i>	Peas	Green Beans	Spring Onion	Tomato	Mushy Peas
Dessert <i>Menu Choices may alter based upon school & pupil preference</i>	Apple Flapjacks or Fresh Fruit	Yoghurt Fruit Crunch or Fresh Fruit	Sticky Toffee Pudding or Yoghurts	Fresh Fruit Salad or Fresh Fruit	Rich Chocolate Cookies or Mixed Flavour Yoghurts
<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>					