

Week 7	Monday	Tuesday	Wednesday Christmas Dinner Day	Thursday	Friday
Main Dish <i>We provide a variety of seasonal hot and cold dishes, for children to freely choose from.</i>	Homemade Pizza served with Wedges and Fresh Salad	Homemade Chicken Curry served with Rice and Naan Bread, BBQ Chicken or Tuna Pasta	Fish Fingers served with Chips and Mushy Peas	Homemade Scouse served with Red Cabbage and Crusty Bread	Roast Turkey served with Roast Potatoes, Sprouts, Carrot & Swede Mash, Stuffing, Chipolatas and Gravy
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.	Tuna Pasta with Cucumber and Red Onion	Vegetable Curry, Cherry Tomato Quiche or Cheesy Pasta Bake	Veggie Sausage Rolls	Cheesy Pasta Bake or Twice Baked Jacket Potatoes	Veggie Christmas Dinner
Homemade Soup	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef Choice
Starchy Food Various bread choices available	Pizza Base	Rice	Chips	Potatoes	Roast Potato
Vegetables Salad bar with hummus	Mixed Salad	Tomatoes	Mushy Peas	Carrots	Carrot & Swede
Dessert Menu Choices may alter based upon school & pupil preference	Fresh Fruit Salad, Fresh Fruit, Yoghurts and Cheese & Crackers	Iced Sponge Cake, Jam Sponge or Fresh Fruit	Cheese & Crackers or Mixed Flavour Yoghurts	Shortbread or Fresh Fruit	Xmas Tree Choc Ice or Xmas Pudding

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