

| Week 8 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|-----------|----------|--------|
| <p>Main Dish</p> <p><i>We provide a variety of seasonal hot and cold dishes, for children to freely choose from.</i></p> | Cheese & Tomato Pasta or Macaroni Cheese & Garlic Bread | Fish Fingers or Veggie Burger served with Chips & Sweetcorn | | | |
| <p>Alternative Dish</p> <p>Jacket Potatoes with tuna and other fillings available daily.</p> | Tuna Pasta | Meat Free Roll | | | |
| Homemade Soup | Chef's Choice | Chef's Choice | | | |
| <p>Starchy Food</p> <p>Various bread choices available</p> | Pasta | Chips | | | |
| <p>Vegetables</p> <p>Salad bar with hummus</p> | Salad | Sweetcorn | | | |
| <p>Dessert</p> <p>Menu Choices may alter based upon school & pupil preference</p> | Fresh Fruit Salad, Yoghurts and Cheese & Crackers | Christmas Cookie 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