

Week 2	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 Pizza served with Wedges and Beans or Quorn Dippers	Homemade BBQ Chicken served with Rice and Corn on the Cob	All Day Breakfast with Sausage, Scrambled Egg, Wholemeal Toast, mushrooms and Hash Browns	Ham/Turkey Roast Dinner with Cauliflower, Broccoli, Roast Potatoes, Baby Carrots, Yorkie and Gravy	Fish Fingers or Battered Fish served with Chips and Minted mushy Peas
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.	Cheesy Pasta Bake	Tuna Pasta Cherry Tomato Quiche Cheesy Pasta Bake	Veggie Breakfast	Broccoli and Pasta Bake	Veggie Sausage Rolls
Homemade Soup	Chef Choice	Vegetable	Chinese Sweetcorn	Leek and Potato	Chef's Choice
Starchy Food Various bread choices available	Homemade Pizza Base	Rice	Wholemeal Toast	Roast Potato	Chips
Vegetables Salad bar with hummus	Celery and Cabbage	Peppers	Mushrooms	Carrots and Broccoli	Mushy Peas
Dessert Menu Choices may alter based upon school & pupil preference	Chocolate Fudge Cake Fresh Fruit	Vanilla Cheesecake Fresh Fruit	Fresh Fruit Salad Yoghurts	Apple Flapjacks 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>					