

Week 3	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>	Vegetarian Swedish Meatballs served with Spaghetti in Tomato Sauce or Quorn Bolognaise	Cumberland Sausage Slice served with Homemade Wedges and Brown Sauce or Veggie Sausage	Homemade Chicken Curry served with Rice and Naan Bread or BBQ Chicken	Homemade Shepherd's Pie or Ham or Turkey served with Mash, Seasonal Vegetables and Gravy	Fish Cake or Fish Fingers served with Chips and Mushy Peas
Alternative Dish <i>Jacket Potatoes with tuna and other fillings available daily.</i>	Cheesy Pasta Bake or Tuna Pasta	Tuna Pasta with Cucumber and Red Onion	Vegetable Curry, Samosa & Spring Rolls	Cheesy Pasta Bake , Twice Baked Jacket Potatoes or Tuna Pasta	Salmon Fish Pie
Homemade Soup	Chef Choice	Leek & Potato	Red Pepper	Tomato Basil	Chef's Choice
Starchy Food <i>Various bread choices available</i>	Pasta	Wedges	Wholemeal Rice	Mash Potato	Chips
Vegetables <i>Salad bar with hummus</i>	Tomatoes	Green Beans	Cabbage	Carrots	Mushy Peas
Dessert <i>Menu Choices may alter based upon school & pupil preference</i>	Apple Pie Fresh Fruit	Fresh Fruit Trifle Fresh Fruit	Victoria Sponge Yoghurts	Fresh Fruit Salad Fresh Fruit	Rich Chocolate Cookies Mixed Flavour Yoghurts

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