

Week 5	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>	Cheesy Pasta Bake or Macaroni Cheese served with Garlic Bread	Sweet 'n' Sour Chicken served with Noodles or Rice and Prawn Crackers or Chicken Curry with Egg Fried Rice	All Day Breakfast with Sausage, Scrambled Egg, Wholemeal Toast, Mushrooms and Roasted Tomatoes	Homemade Spaghetti Bolognese served with Crusty Bread or Quorn Bolognese	Fish Fingers served with Chips and Minted Mushy Peas
Alternative Dish Jacket Potatoes with tuna and other fillings available daily.	Tuna Pasta or Beans on Toast	Veggie Spring Rolls with Sweet Chilli and Salad	Veggie Brekkie or Cheese & Tomato Toasties	Macaroni Cheese and Peas or Tuna Pasta	Veggie Sausage Roll
Homemade Soup	Chef's Choice	Chicken Noodle	Chef's Choice	Tomato & Basil	Chef's Choice
Starchy Food Various bread choices available	Pasta/ Bread	Noodles/ Rice	Hash Brown	Spaghetti	Chips
Vegetables Salad bar with hummus	Mixed Salad	Peas	Mushrooms	Tomatoes	Mushy Peas
Dessert Menu Choices may alter based upon school & pupil preference	Chocolate Fudge Cake Fresh Fruit	Ice Cream Fresh Fruit	Cheese & Crackers Fruit Yoghurts	Homemade Cookies Fresh Fruit	Cheese & Crackers Fresh Fruit 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