

Week 6	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	Ham Roast Dinner served with Roast Potatoes, Stuffing and seasonal Vegetables	BBQ Chicken or Homemade Chicken Curry served with Basmati Rice and Mango Chutney	Homemade Scouse served with Red Cabbage and Crusty Bread	Fish Fingers/Fishcake or Chicken Burger in a Bun served with Chips and Fresh Salad
Alternative Dish <i>Jacket Potatoes with tuna and other fillings available daily.</i>	Cheesy Pasta Bake	Cheese Quiche	Spring Rolls or Vegetable Curry	Twice Baked Jacket Potatoes	Veggie Burger in a Bun
Homemade Soup	Carrot & Lentil	Leek & Potato	Red Pepper	Tomato Pasta	Chef's Choice
Starchy Food <i>Various bread choices available</i>	Pizza Base	Roast Potato	Rice	Potatoes	Chips
Vegetables <i>Salad bar with hummus</i>	Tomatoes	Green Beans	Green Beans	Spring Onions	Mushy Peas
Dessert <i>Menu Choices may alter based upon school & pupil preference</i>	Fresh Fruit Salad Fresh Fruit	Yoghurt Fruit Crunch Pots Fresh Fruit	Iced Sponge Cake Yoghurts	Homemade Apple Crumble served with Custard Fresh Fruit	Apple Flap Jacks 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					