





## Week 1

## **DAILY CHEF SPECIALS!**

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Pizza served with Homemade wedges and Salad	Spaghetti Bolognese with Crusty Bread	Chicken Curry served with Basmati Rice	Ham Roast Dinner served with Roast Potatoes, Cauliflower, Sweetcorn and Swede Mash	Fish Fingers or Fish Cake served with Chips and Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Twice Baked Jackets	Veggie sausage Toasties	Tomato Pasta and Broccoli Bake	Cheese and Chive Quiche	Veggie Rolls
Homemade Soup	Chef Choice	Chef Choice	Chef Choice	Chef Choice	Chef Choice
Starchy Food Various Bread Choices Available	Pizza Base	Pasta	Basmati Rice	Potato	Chips
Vegetables Salad Bar with Hummus	Cucumber/Tomato	Tomatoes	Hidden Veg	Cauliflower	Baked Beans
Dessert Fresh Fruit, Selection of Low Fat Yoghurts	Iced Sponge	Apple Flapjacks	Fresh Fruit Salad	Shortbread Biscuits	Cheese and Crackers
and Homemade Puddings Available Every Lunch time	Fresh Fruit	Fresh Fruit	Yoghurts	Fresh Fruit	Fresh Fruit

All our meat is farm assured from local suppliers, we use free range eggs, organic milk, pasta and flour. All of our fruit and vegetables are locally sourced where possible.

FFT is a 'not for profit' School Company owned by its Partner Schools







## Week 2

## **DAILY CHEF SPECIALS!**

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Chicken Burger served in a wholemeal Bun with Chips and Salad	Cheesy Pasta Bake with Bacon, Broccoli and Parsley	Chicken Curry served with Basmati Rice	Steak Pie Served with Mashed potato and Carrots	Sausage and Chips with Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Twice Baked Jackets	Cheese and Tomato Quesadillas	Veggie Sausage Toasties	Pesto Pasta	Veggie Rolls or Fish Fingers
Homemade Soup	Chef Choice	Chef Choice	Chef Choice	Chef Choice	Chef Choice
Starchy Food Various Bread Choices Available	Burger Bun	Pasta	Basmati Rice	Potato	Chips
Vegetables Salad Bar with Hummus	Cucumber/Tomato	Broccoli	Hidden Veg	Cauliflower	Baked Beans
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade	Chocolate Sponge with Ice Cream	Iced Cherry Flapjacks	Fresh Fruit Salad	Shortbread Biscuits	Cheese and Crackers
Puddings Available Every Lunch time	Fresh Fruit	Fresh Fruit	Yoghurts	Fresh Fruit	Fresh Fruit

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