



Week Commencing 04/09/17

DAILY CHEF SPECIALS!

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
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| Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From | Homemade Pizza and Baked Potato Wedges Served with Fresh Salad | Homemade Local Chicken Curry Served with Wholegrain Rice | Quorn Mince Cottage Pie Served with Seasonal Vegetables | Homemade Local Beef Lasagne Served with Crusty Bread | Homemade Battered Fish or Fish Fingers Served with Chips and Mushy Peas |
| Alternative Jacket Potatoes with Tuna and other Fillings Available Daily | Tuna Wholemeal Pasta Salad | Broccoli and Cheese Pasta Bake | Homemade Cheese and Onion Quiche | 'Twice Baked' Jackets | Homemade Salmon Fish Pie |
| Homemade Soup | Chef's Choice | Tomato and Lentil | Chef Choice | Curried Cauliflower | Chef's Choice |
| Starchy Food Various Bread Choices Available | Pizza | Wholemeal Rice | Mashed Potato | Wholemeal Pasta | Chips |
| Vegetables Salad Bar with Hummous | Tomato and Onion | Green Beans | Peas and Carrots | Cucumber, Lettuce | Mushy Peas |
| Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time | Yoghurt Selection Fresh Fruit | Homemade Fruit Scones with Jam and Cream Fresh Fruit | Homemade Apple Flapjacks Fresh Fruit | Jam and Coconut Sponge Fresh Fruit | Yoghurt Selection 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

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