



Week Commencing 09/10/17

DAILY CHEF SPECIALS!

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Vegetable, Chickpea and Wholegrain Rice Enchiladas – Served with Salad	Homemade Steak and Vegetable Shortcrust Pastry Pie Served with New Potatoes and Veg	CHEF'S CHOICE	Homemade Vegetable and Quorn Curry – Served with Rice and Salad	Homemade Breaded Chicken Goujons Served with Homemade Chips and Baked Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Homemade Tuna Pasta Salad	'Twice Baked' Jackets	CHEF'S CHOICE	Cheese and Chive Quiche	Salmon and Spinach Wholemeal Pasta
Homemade Soup	Chef's Choice	Chef's Choice	CHEF'S CHOICE	Chef's Choice	Chef's Choice
Starchy Food Various Bread Choices Available	Tortilla Wrap	New Potatoes	CHEF'S CHOICE	Rice	Chef's Choice
Vegetables Salad Bar with Hummous	Sweetcorn Tomato	Carrot and Swede	CHEF'S CHOICE	Green Beans	Salad Baked Beans
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Homemade Iced Apple Flapjacks Fresh Fruit	Homemade Bakewell Tart Fresh Fruit	CHEF'S CHOICE	Fresh Fruit Salad Yoghurt Selection	Homemade Apple and Oat Crumble served with Ice Cream 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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