



Week Commencing 11/09/17

## DAILY CHEF SPECIALS!

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Wholemeal Tomato Pasta Bake Served with Crusty Bread	Homemade Spanish Chicken Served with Yellow Wholegrain Rice and Fresh Salad	Homemade Vegetable Noodle Stir-fry Served with Spring Rolls	Local Pork Sausage Served with Mashed Potato, Onion Gravy and Seasonal Vegetables	Fish Cake Served With Homemade Chips and Baked Beans
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Vegetable Egg Fried Wholegrain Rice	Cheese and Tomato Toasties	Falafel Pitas	Cheesy Beans Pasta Bake	Meat Free Rolls
<b>Homemade Soup</b>	Chef's Choice	Tomato and Lentil	Chef's Choice	Carrot and Coriander	Chef's Choice
<b>Starchy Food</b> Various Bread Choices Available	Wholemeal Pasta	Wholegrain Rice	Rice	Mash	Chips
<b>Vegetables</b> Salad Bar with Hummous	Fresh Salad	Chickpeas Peppers	Carrots and Peppers	Seasonal Vegetables	Peas or Beans
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Fresh Fruit Salad Yoghurt Selection	'Chocolate' Fudge Cake Fresh Fruit	Fresh Fruit Yoghurt Crunch Pots Fresh Fruit	Chad's Cake Fresh Fruit	Yoghurt Selection Cheese and Crackers

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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