



Week Commencing 18/09/17

DAILY CHEF SPECIALS!

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Vegetable and Feta Wholemeal Pasta Served with Fresh Garlic Bread and Salad	Mexican Chicken Fajitas Served with Tortilla Wraps and Rice Salad	Savoury Quorn Mince Pie Served with Seasonal Vegetables	Thai Vegetable Curry Served with Fragrant Rice and Prawn Crackers	Fish Fingers and Homemade Chips Served with Mushy Peas or Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Homemade Cheese and Tomato Quiche	Veggie Sausage Rolls	Vegetable and Cheese Quesadillas	Pesto Pasta	Homemade Salmon Fish Pie
Homemade Soup	Chef's Choice	Tomato and Lentil	Chef's Choice	Summer Vegetable	Chef's choice
Starchy Food Various Bread Choices Available	Wholemeal Pasta	Rice Salad	New Potatoes	Wholemeal Rice	Homemade Chips
Vegetables Salad Bar with Hummous	Carrot Beetroot	Red Onion Sweetcorn	Seasonal Vegetables	Green Beans	Mushy Peas
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Fresh fruit Salad Yoghurt Selection	Homemade Carrot Cake Fresh Fruit	Syrup Sponge Pudding and Custard Fresh Fruit	Homemade Ginger Biscuits 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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