



Week Commencing 25/09/17

## DAILY CHEF SPECIALS!

Week 4	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 Vegetable Curry – Served with Wholegrain Rice and Green Beans	Homemade Fish Pie Served with Seasonal Vegetables	Homemade Wholemeal Macaroni Cheese and Peas, Served with Crusty Bread	Spanish Omelette Served with Fresh Salad	Homemade Battered Fish – Served with Homemade Chips and Mushy Peas
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Vegetable Egg Fried Rice	Cheese and Tomato Toasties	‘Twice Baked’ Jackets	Homemade Cheese and Chive Quiche	Meat Free Rolls
<b>Homemade Soup</b>	Chef’s Choice	Tomato and Lentil	Chef’s Choice	Pea and Mint	Chef’s Choice
<b>Starchy Food</b> Various Bread Choices Available	Wholegrain Rice	Potato	Wholemeal Pasta	Potato	Homemade Chips
<b>Vegetables</b> Salad Bar with Hummous	Green Beans	Seasonal Vegetables	Sweetcorn Cucumber	Braised Cabbage	Mushy Peas
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Syrup Cornflake Cakes  Fresh Fruit	Cherry Bakewell Flapjacks  Fresh Fruit	Fresh Fruit Salad  Yoghurt Selection	Oat Cookies  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.

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