



Week Commencing 03/09/18

## DAILY CHEF SPECIALS!

Week 1	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 Pizza – Wholemeal Pizza Dough with Tomato, Garlic and Cheese	Homemade BBQ Chicken Served with Wholegrain Rice and Corn on the Cobb	Homemade Wholemeal Tomato Pasta Served with Garlic Bread	Homemade Traditional Liverpool Scouse – Served with Crusty Bread	Fish Fingers or Homemade Battered Fish – Served with Homemade Chips and Mushy Peas
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	'Twice Baked' Jackets	Homemade Pesto Pasta	Cheese and Veg Quesadillas	Vegetable Spaghetti Stir Fry	Homemade Salmon Fish Pie
<b>Homemade Soup</b>	<b>Chef's Choice</b>	<b>Tomato and Lentil</b>	<b>Chef's Choice</b>	<b>Leek and Potato</b>	<b>Chef's Choice</b>
<b>Starchy Food</b> Various Bread Choices Available	Wholemeal Pizza	Wholegrain Rice	Wholemeal Pasta	Potato	Homemade Chips
<b>Vegetables</b> Salad Bar with Hummous	<b>Lettuce, Tomato</b>	<b>Corn on the Cobb</b>	<b>Onion, Cucumber</b>	<b>Carrot, Swede</b>	<b>Mushy Peas</b>
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Homemade Apple and Oat Crumble Served with Custard  Fresh Fruit	Homemade 'Chocolate' Fudge Cake  Fresh Fruit	Fresh Fruit Salad  Yoghurts	'Angies' Cookies  Fresh Fruit	Cheese and Crackers  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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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	Meat Free Burritos – Served with Fresh Salad and Rice Salad	Homemade Chicken Pie – Served with Garlic and Herb Roast New Potatoes and Veg	Homemade Vegetable Curry Served with Wholegrain Rice and Mango Chutney	Homemade Beef Spaghetti Bolognese Served with Crusty Bread	Fish Fingers or Fishcake Served with Homemade Chips and Mushy Peas
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	'Twice Baked' Jackets	Cheese and Tomato Toasties	Homemade Cheese and Onion Quiche	Cauliflower Cheese	Veggie Burger in a Bun
<b>Homemade Soup</b>	Chef's Choice	Tomato and Lentil	Chef's Choice	Mushroom	Chef's Choice
<b>Starchy Food</b> Various Bread Choices Available	Wholegrain Rice	Potatoes	Rice	Pasta	Chips
<b>Vegetables</b> Salad Bar with Hummous	Onion, Peppers	Broccoli and Cauli	Mange Tout	Tomato and Lettuce	Mushy Peas
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Fresh Fruit Salad  Yoghurts	Homemade Carrot Cake  Fresh Fruit	Lemon Meringue Pie  Fresh Fruit	Chad's Cake  Fresh Fruit	Cheese and Crackers  Yoghurt Selection

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Week 3	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 Lasagne – Served with Fresh Garden Salads and Crusty Bread	Homemade Chicken Fajitas Served with Wedges	Homemade Vegetable Egg Fried Rice Served with Prawn Crackers	Homemade Caribbean Curry Beef Served with Rice and Peas, and Salad	Fish Fingers or Fishcake, Served with Homemade Chips and Baked Beans
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Homemade Veg Enchiladas	Homemade Cheese and Tomato Quiche	‘Twice Baked’ Jackets	Homemade Veggie Toad in the Hole	Homemade Salmon Fish Pie
<b>Homemade Soup</b>	<b>Chef’s Choice</b>	<b>Tomato and Lentil</b>	<b>Chef’s Choice</b>	<b>Roasted Veg</b>	<b>Chef’s Choice</b>
<b>Starchy Food</b> Various Bread Choices Available	Wholemeal Pasta	Potato Wedges	Wholemeal Rice	Rice	Homemade Chips
<b>Vegetables</b> Salad Bar with Hummous	<b>Sweetcorn Tomato</b>	<b>Peppers, Onions</b>	<b>Peas, Spring Onion</b>	<b>Kidney Beans</b>	<b>Baked Beans</b>
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Homemade Fruit Scones  Fresh Fruit	Homemade Fresh Fruit Pavlova  Fresh Fruit	Fresh Fruit Salad  Yoghurts	‘Angies’ Cookies  Fresh Fruit	Fruit Jelly and Ice Cream  Fresh Fruit

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Week Commencing 24 /09/18

## DAILY CHEF SPECIALS!

Week 5	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	Vegetable and Spaghetti Stir Fry Served with Spring Rolls and Prawn Crackers	Big Brekkie – Sausage, Tomato, Scrambled Egg, Baked Beans and Wholemeal Toast	Homemade Broccoli and Cream Cheese Pasta Bake Served with Salad and Crusty Bread	Minced Beef in Gravy with Carrots and Mashed Potato Served with Green Beans	Homemade Battered Fish or Fish Finger Served with Homemade Chips and Mushy Peas
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	'Twice Baked' Jackets	Macaroni Cheese with Peas	Onion Bhajis Served with Salad and Mango Chutney	Homemade Vegetable Paella	Homemade Salmon Fish Pie
<b>Homemade Soup</b>					
<b>Starchy Food</b> Various Bread Choices Available	Wholemeal Spaghetti	Wholemeal Toast	Wholemeal Pasta	Potato	Homemade Chips
<b>Vegetables</b> Salad Bar with Hummous					
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Iced Sponge Cake  Fresh Fruit	Fresh Fruit Yoghurt Crunch Pots	Fruit Salad  Yoghurt Selection	Homemade Iced Apple Flapjacks  Fresh Fruit	Cheese and Crackers  Yoghurt Selection

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Week Commencing 01/10/18

## DAILY CHEF SPECIALS!

Week 5	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	Vegetable and Feta Wholemeal Pasta Served with Salad and Crusty Bread	Homemade Spanish Chicken with Yellow Rice	Roast Ham, Cauliflower Cheese and Minted New Potatoes	Homemade Sausage and Mash Served with Onion Gravy and Garden Peas	Fish Fingers or Fishcake Served with Homemade Chips and Baked Beans
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Homemade Aubergine Gratin	Cheesy Beans Pasta Bake	Homemade Cheese and Chive Quiche	Homemade Pesto Pasta	Vegetarian Rolls
<b>Homemade Soup</b>	<b>Chef's Choice</b>	<b>Tomato and Lentil</b>	<b>Chef's Choice</b>	<b>Curried Cauliflower</b>	<b>Chef's Choice</b>
<b>Starchy Food</b> Various Bread Choices Available	Wholemeal Pasta	Wholegrain Rice	Potato	Mashed Potato	Homemade Chips
<b>Vegetables</b> Salad Bar with Hummous	<b>Salad Choices</b>	<b>Peppers, Onions</b>	<b>Cauliflower</b>	<b>Garden Peas</b>	<b>Baked Beans</b>
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Homemade Iced Shortbread Biscuits  Fresh Fruit	Homemade Sticky Toffee Pudding Served with Ice Cream and Butterscotch	Fresh Fruit Salad  Yoghurts	Cheryl's Jam Puff  Fresh Fruit	Cheese and Crackers  Fresh Fruit

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Week Commencing 08/10/18

## DAILY CHEF SPECIALS!

Week 6	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 and Lentil Curry with Wholegrain Rice and Mango Chutney	Homemade Roast Chicken Dinner with Yorkshire Pudding and Seasonable Vegetables	Quorn Mince Wholegrain Spaghetti Bolognese – Served with Crusty Bread and Salad	Homemade Traditional Liverpool Scouse – Served with Crusty Bread and Pickles	Battered Fish or Fish Fingers Served with Homemade Chips and Mushy Peas
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Homemade Cheese and Onion Quiche	Homemade Pesto Pasta	Homemade Falafel Pitas	Vegetable and Cheese Quesadillas	Homemade Salmon Fish Pie
<b>Homemade Soup</b>	<b>Chef's Choice</b>	<b>Tomato and Lentil</b>	<b>Chef's Choice</b>	<b>Roast Pepper</b>	<b>Chef's Choice</b>
<b>Starchy Food</b> Various Bread Choices Available	Wholegrain Rice	Roast Potato	Wholegrain Pasta	Potato	Chips
<b>Vegetables</b> Salad Bar with Hummous	<b>Mange Tout</b>	<b>Seasonal Vegetables</b>	<b>Salad Bar</b>	<b>Carrot, Swede</b>	<b>Mushy Peas</b>
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Homemade Ginger Biscuits  Fresh Fruit	Homemade Apple Pie and Ice Cream  Fresh Fruit	Fresh Fruit Salad  Yoghurts	'Chocolate' Cookies  Fresh Fruit	Fruit Jelly and Cream  Fresh Fruit

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Week Commencing 15/10/18

## DAILY CHEF SPECIALS!

Week 7	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 Quorn Mince Cottage Pie Served with Green Beans	Homemade Chicken Hot-Pot Served with Broccoli and Cauliflower	'Subway' Hot and Cold Selection of Bread Variety of Vegetarian and Meat Fillings	Caribbean Curry Beef Served with Rice and Peas and Fresh Salad	Beef Burger with Cheese in a Bun Served with Homemade Coleslaw, Baked Beans and Chips
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Homemade Spaghetti in Tomato and Basil	Homemade Cheese and Pepper Quiche	'Twice Baked' Jackets	Tuna Pasta Salad with Peppers and Cucumber	Veggie Burger in a Bun with Cheese
<b>Homemade Soup</b>	<b>Chef's Choice</b>	<b>Tomato and Lentil</b>	<b>Chef's Choice</b>	<b>Mini Frittatas</b>	<b>Chef's Choice</b>
<b>Starchy Food</b> Various Bread Choices Available	Mashed Potato	Homemade Cheese and Herb Quiche	Bread	Rice	Chips
<b>Vegetables</b> Salad Bar with Hummous	<b>Green Beans</b>	<b>Broccoli and Cauli</b>	<b>Salad</b>	<b>Kidney Beans</b>	<b>Coleslaw, Beans</b>
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Homemade Syrup Sponge Pudding and Custard  Fresh Fruit	Homemade Iced Apple Flapjack  Fresh Fruit	Homemade Cookies  Fresh Fruit	Homemade Fresh Fruit Trifle  Fresh Fruit	Cheese and Crackers  Yoghurts  Fresh Fruit

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