



Week Commencing 12/04/21

DAILY CHEF SPECIALS!

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Pizza with Wholemeal Pizza Base served with Homemade Wedges and Salad	Homemade Sausage and Mash Potato with Onion Gravy and Garden Peas	Caribbean Beef Curry served with Basmati Rice and Teardrop Naan Bread	Chicken Roast Dinner with Roast Potatoes, Stuffing, Broccoli, Carrots and Gravy	Fish Fingers with Chips and Baked Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Tomato and Basil Pasta	Vegetable and Cheese Quesadillas	Vegetable Sausage Toasties	Vegetable Paella	Homemade Salmon and Leek Fish Pie
Homemade Soup	Leek and Potato	Tomato and Basil	Chef Choice	Broccoli and Cheddar	Chef Choice
Starchy Food Various Bread Choices Available	Pizza Base	Mash Potato	Rice	Roast Potatoes	Homemade Chips
Vegetables Salad Bar with Hummus	Mixed Salad	Seasonal Vegetable	Tomatoes	Broccoli	Baked Beans
Dessert Fresh Fruit, Selection of Low-Fat Yoghurts and Homemade Puddings Available Every Lunch time	Fresh Fruit Salad Yoghurts	Cherry Bakewell Slice served with Custard Fresh Fruit	Homemade Scones with Jam or Cream Yoghurts	Fresh Fruit Pavlova 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 Commencing 19/04/21

DAILY CHEF SPECIALS!

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Vegetable Curry with Yoghurt and Mint Dip Served with Brown Rice	All Day Breakfast with Sausage, Scrambled Egg, Wholemeal Toast, Mushrooms, Roasted Tomatoes	Homemade Spaghetti Bolognese served with Warmed Ciabatta Bread	Ham Roast Dinner with Cauliflower Cheese, Baby Carrots Gravy, Roast Potatoes and	Homemade Battered Fish with Chip and Minted Mushy Peas
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Quiche	Pesto Pasta	Cheese and Tomato Panini with Mozzarella Cheese	Spanish Omelette	Veggie Sausage Roll
Homemade Soup	Chef Choice	Vegetable	Chef Choice	Leek and Potato	Chef Choice
Starchy Food Various Bread Choices Available	Wholemeal Rice	Wholemeal Toast	Spaghetti	Roast Potato	Homemade Chips
Vegetables Salad Bar with Hummus	Celery and Cabbage	Mushrooms	Tomatoes	Carrots and Broccoli	Mushy Peas
Dessert Fresh Fruit, Selection of Low-Fat Yoghurts and Homemade Puddings Available Every Lunch time	'Chocolate' Fudge Cake Fresh Fruit	Vanilla Cheesecake Fresh Fruit	Fresh Fruit Salad Yoghurts	Apple Turnovers Fresh Fruit	Cheese and Crackers with Yoghurts Fresh Fruit

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Week Commencing 26/04/21

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	Homemade Vegetable Lasagne served with Salad and Crusty Bread	Beef Burger in a Bun served with Homemade Wedges and Baked Beans.	Chicken Curry Served with Fragrant Rice and Minted Yoghurt Dressing and Papadums	Homemade Scouse served with Red Cabbage and Crusty Bread	Fish Cake or Fish Fingers and Chips Served with Mushy Peas
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Cherry Tomato Quiche served with Crispy Fresh Salad	Creamy Cheese and Pasta Bake	Veggie Sausage Toasties	Tuna Pasta Salad with Red Onion, Sweetcorn and Mixed Peppers	Tandoori Salmon Served with Tear Drop Naan Bread
Homemade Soup	Chef Choice	Leek and Potato	Chef Choice	Tomato and Basil	Chef Choice
Starchy Food Various Bread Choices Available	Pasta	Mash Potato	Wholemeal Rice	Potatoes	Homemade Chips
Vegetables Salad Bar with Hummus	Tomatoes	Green Beans	Cabbage	Carrots	Mushy Peas
Dessert Fresh Fruit, Selection of Low-Fat Yoghurts and Homemade Puddings Available Every Lunch time	Iced Apple Flapjacks Fresh Fruit	Yoghurt Fruit Crunch Pots Fresh Fruit	Sticky Toffee Pudding Yoghurts	Fresh Fruit Salad Fresh Fruit	Rich Chocolate Cookies Mixed Flavour Yoghurts

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Week Commencing 03/05/21

DAILY CHEF SPECIALS!

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Pizza with Wholemeal Pizza Base served with Homemade Wedges and Salad	Homemade Sausage and Mash Potato with Onion Gravy	Caribbean Beef Curry served with Basmati Rice and Teardrop Naan Bread	Chicken Roast Dinner with Roast Potatoes, Stuffing, Broccoli, Carrots and Gravy	Fish Fingers with Chips and Baked Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Tomato and Basil Pasta	Vegetable Sausage Toasties	Vegetable and Cheese Quesadillas	Vegetable Paella	Homemade Salmon and Leek Fish Pie
Homemade Soup	Leek and Potato	Tomato and Basil	Chef Choice	Broccoli and Cheddar	Chef Choice
Starchy Food Various Bread Choices Available	Pizza Base	Mash Potato	Rice	Roast Potatoes	Homemade Chips
Vegetables Salad Bar with Hummus	Mixed Salad	Seasonal Vegetable	Tomatoes	Broccoli	Baked Beans
Dessert Fresh Fruit, Selection of Low-Fat Yoghurts and Homemade Puddings Available Every Lunch time	Fresh Fruit Salad Yoghurts	Cherry Bakewell Slice served with Custard Fresh Fruit	Homemade Scones with Jam or Cream Yoghurts	Fresh Fruit Pavlova Fresh Fruit	Cheese and Crackers Fresh Fruit

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Week Commencing 10/05/21

DAILY CHEF SPECIALS!

Week 5	Monday	Tuesday	Wednesday	Thursday Eid al-Fitr Feast	Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Vegetable Curry with Yoghurt and Mint Dip Served with Brown Rice	All Day Breakfast with Sausage, Scrambled Egg, Wholemeal Toast, Mushrooms, Roasted Tomatoes	Homemade Spaghetti Bolognese served with Warmed Ciabatta Bread	Slow Cooked Chicken Tagine served with Couscous and a Greek Yoghurt Dip	Homemade Battered Fish with Chip and Minted Mushy Peas
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Quiche	Pesto Pasta	Cheese and Tomato Panini with Mozzarella Cheese	Homemade Falafel Pita	Veggie Sausage Roll
Homemade Soup	Chef Choice	Vegetable	Chef Choice	Harira Soup	Chef Choice
Starchy Food Various Bread Choices Available	Wholemeal Rice	Wholemeal Toast	Spaghetti	Couscous	Homemade Chips
Vegetables Salad Bar with Hummus	Celery and Cabbage	Mushrooms	Carrots	Tomatoes	Mushy Peas
Dessert Fresh Fruit, Selection of Low-Fat Yoghurts and Homemade Puddings Available Every Lunch time	'Chocolate' Fudge Cake Fresh Fruit	Vanilla Cheesecake Fresh Fruit	Fresh Fruit Salad Yoghurts	Ma'amoul Cookie Fresh Fruit	Cheese and Crackers with Yoghurts Fresh Fruit

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Week Commencing 17/05/21

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	Homemade Vegetable Lasagne served with Salad and Crusty Bread	Steak Mince and Mash Potato with Onion Gravy and Green Beans	Chicken Curry Served with Fragrant Rice and Minted Yoghurt Dressing and Papadums	Homemade Scouse served with Red Cabbage and Crusty Bread	Fish Cake or Fish Fingers and Chips Served with Mushy Peas
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Cherry Tomato Quiche served with Crispy Fresh Salad	Creamy Cheese and Pasta Bake	Veggie Sausage Toasties	Tuna Pasta Salad with Red Onion, Sweetcorn and Mixed Peppers	Tandoori Salmon Served with Tear Drop Naan Bread
Homemade Soup	Chef Choice	Leek and Potato	Chef Choice	Tomato and Basil	Chef Choice
Starchy Food Various Bread Choices Available	Pasta	Mash Potato	Wholemeal Rice	Potatoes	Homemade Chips
Vegetables Salad Bar with Hummus	Tomatoes	Green Beans	Cabbage	Carrots	Mushy Peas
Dessert Fresh Fruit, Selection of Low-Fat Yoghurts and Homemade Puddings Available Every Lunch time	Apple Flapjacks Fresh Fruit	Yoghurt Fruit Crunch Pots Fresh Fruit	Sticky Toffee Pudding Yoghurts	Fresh Fruit Salad Fresh Fruit	Rich Chocolate Cookies Mixed Flavour Yoghurts

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Week Commencing 24/05/21

DAILY CHEF SPECIALS!

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Pizza with Wholemeal Pizza Base served with Homemade Wedges and Salad	Homemade Sausage and Mash Potato with Onion Gravy	Caribbean Beef Curry served with Basmati Rice and Teardrop Naan Bread	Chicken Roast Dinner with Roast Potatoes, Stuffing, Broccoli, Carrots and Gravy	Fish Fingers with Chips and Baked Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Tomato and Basil Pasta	Vegetable Sausage Toasties	Vegetable and Cheese Quesadillas	Vegetable Paella	Homemade Salmon and Leek Fish Pie
Homemade Soup	Leek and Potato	Tomato and Basil	Chef Choice	Broccoli and Cheddar	Chef Choice
Starchy Food Various Bread Choices Available	Pizza Base	Mash Potato	Rice	Roast Potatoes	Homemade Chips
Vegetables Salad Bar with Hummus	Mixed Salad	Seasonal Vegetable	Tomatoes	Broccoli	Baked Beans
Dessert Fresh Fruit, Selection of Low-Fat Yoghurts and Homemade Puddings Available Every Lunch time	Fresh Fruit Salad Yoghurts	Cherry Bakewell Slice served with Custard Fresh Fruit	Homemade Scones with Jam or Cream Yoghurts	Fresh Fruit Pavlova Fresh Fruit	Cheese and Crackers Fresh Fruit

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food for thought



Newsletter

Issue 3

Tom's News

We are pleased to announce that Food For Thought is working with Non- Conform to develop the company website and social media output. They specialise in social enterprise and charity websites and promotion, with a wealth of experience in this sector. So look out for our website at www.foodforthoughtliverpool.co.uk where our schools and parents will be able access menus, recipes and other information coming soon!

School Team Nomination -

From Mr. Mat White Executive Headteacher St Ambrose and Much Woolton
' I propose the teams at both my schools for the collaboration and cross school support they have shown one another in the last year'
Well done teams-Paul, Kirsten, Joanne, and Carol (Much Woolton) and John, Lisa and James (St Ambrose) prizes are on their way !
Any other school catering team nominations please send into Sara.



VEGPOWER

Starting in second half of the Summer Term. We will be asking school caterers to lay out a tasty sample of dishes of each week's veg. Each child who tries will receive a sticker they will also have a reward chart to encourage them to repeat and normalise vegetable consumption

We need enthusiastic schools and catering teams to help make the most of this project to have the most impact on our children.

Each participating school will receive a Free Eat Them to Defeat Them Power Pack with all the resources needed for a successful campaign.

Please let us know if you would like to join in so we can arrange everything .
jimmy@fftLiverpool.co.uk

Welcome our New Training Chef

Neil Chedotal has been appointed as the new training chef. Neil will be based in the FFT training kitchen at Gilmour Infant School and will be supporting our school chefs in both the training kitchen and their own sites . Neil has a wealth of experience in both commercial and educational catering most recently in Palmerston school so he fully understands the challenges school caterers encounter on a daily basis. Look out for Neil's Top Tips which will become a regular article in our newsletter - see overleaf for first instalment



World Poetry Day 21st March 2021

Food for Thought are delighted to announce a Poetry Writing Competition with some fabulous prizes to be won!

Prizes include; Acer Chromebook 314 – Amazon Kindle – Amazon Vouchers.

All entries will receive a FFT Poetry Certificate

"Everybody's a poet, they just don't know it yet"

The FFT Poetry Competition 2021 is being run in conjunction with World Poetry Day on March 21st with all entries to be submitted by Friday 16th April. The competition is open to all Key Stage 2 children .

Entries can either be emailed or posted but must reach us later than Friday 16th April 2021.

Please email your entries to; events@fftLiverpool.co.uk

Or post to; Poetry Competition Food for Thought Office (address is on our contact details overleaf)

It will give the children the chance to express themselves through the medium of poetry!!!

Well Done You're a Star !



From Blueberry Park Head Teacher

'Can I also take this opportunity to say, on behalf of the pupils and staff, Franco, our temporary cook has been absolutely brilliant! He comes to school every day with a big smile and is genuinely happy to be here. He takes the time to speak to the children and talk to them about their food. The meals he has made have gone down a treat - with both the pupils and staff. He has been a breath of fresh air and we are sorry that we couldn't keep him!'

From Abbots Lea Head of Finance and Operations

'I just wanted to pass on my thanks for your support this week. You helped us out with very little notice from our part and it really is appreciated. The feedback from staff and students is really positive, they have enjoyed the variety of meals and also the service has been brilliant. Thank you once again'

From Pleasant Street Headteacher

'Just a quick message about the cook you sent us this week - Paula. She was absolutely amazing with the children (and the staff); the quality of her food and how it was presented was out of this world - 10/10. Please pass on my thanks to Paula and thanks for sorting at such short notice.'

Invoices -

We would like to thank all the school admin staff who have been sending, scanning and emailing our kitchen invoices to the accountant.

You will be aware that normal procedure is for one of the Area Managers would collect these from schools, currently this is impossible so we have contacted you and asked for them to be posted or emailed, if your copying machine has the capability to scan and email you may find this cheaper and faster

The accountant's email address is john.kirk@fftLiverpool.co.uk

Contact details

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Neil's Top 6 Tips

At Food For Thought we love food and hate waste.

Here are 5 simple tips and tricks to help minimise waste:

1. Spiced Bombay new potatoes crushed over left-over curry makes a great pie for the following days lunch
2. Similarly puff pastry rolled out and added to the top of any leftover stews also makes a delicious pie.
3. Consider filtering your fryer oil, this will prolong the life of your fryer oil and filters out any burnt bits that can have negative effects on health.
4. Left over pitta breads make great pizza bases.
5. Pickling and preserving is a great way to extend the life of some fruits and vegetables and have excellent health benefits as well as nice additions to salad bars.
6. Left over bread can be turned into bread & butter pudding or dried in oven and turned into breadcrumbs.

If anyone is unsure about any of these tips please feel free to email me and I can support you with recipe ideas and any training that is necessary.

neil@fftLiverpool.co.uk

thanks,
Neil