



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 Homemade Wedges and Salad	Homemade Vegetable Korma with Wholegrain Rice	Chicken Roast Dinner with Roasted New Potatoes, Cauliflower Cheese and Gravy	Homemade Beef Pie with Mash Potato and Seasonal Vegetables	Fish Fingers or Veggie Roll with Homemade Chips and Baked Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Vegetable and Cheese Omelette	Homemade Falafel Pita	Homemade Cherry Tomato Quiche	Twice Baked Jacket Potatoes	Homemade Salmon Fish Pie
Homemade Soup	Chef's Choice	Tomato and Lentil	Chef's Choice	Leek and Potato	Chef's Choice
Starchy Food Various Bread Choices Available	Pizza Base	Rice	Roasted New Potatoes	Mash	Chips
Vegetables Salad Bar with Hummous	Mixed Salad	Carrots	Cauliflower	Leeks and Carrots	Baked Beans
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Fresh Fruit Salad Fresh Fruit	'Chocolate' Fudge Cake Fresh Fruit	Homemade Apple and Oat Crumble with Custard Yoghurts	Angie's Cookies Fresh Fruit	Cheese and Crackers or Yoghurts 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.

FFT is a 'not for profit' School Company owned by its Partner Schools





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	Quorn Shepherd's Pie with Seasonal Vegetables	Homemade Moroccan Lamb with Rice or Couscous and Salad	Homemade Tomato Pasta with Crusty Bread and Green Beans	Sausage and Homemade Mash Potato with Onion Gravy and Broccoli	Homemade Battered Fish with Chips and Mushy Peas
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Creamy Broccoli and Pasta Bake	Homemade Vegetable Lasagne	Homemade Cheese and Chive Quiche with Salad	Tuna Pasta with Cucumber Sweetcorn and Red Onion	Salmon Fish Pie
Homemade Soup	Chef's Choice	Vegetable	Chef's Choice	Tomato	Chef's Choice
Starchy Food Various Bread Choices Available	Potato	Rice	Pasta	Mash	Chips
Vegetables Salad Bar with Hummous	Peas	Tomato/Salad	Green Beans	Broccoli	Mushy Peas
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Fresh Fruit Salad Yoghurts	Carrot Cake Fresh Fruit	Homemade Scones with Jam or Cream Yoghurts	Chads Cake Fresh Fruit	Cheese and Crackers Fresh Fruit and Yoghurts

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





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 Spicy Quorn Mince Enchiladas served with Homemade Tortilla Chips	Homemade Beef Cottage Pie with Seasonal Vegetables	Vegetable Stir Fry with Spaghetti or Egg Noodles	Chicken Curry served with Rice, Yoghurt and Cucumber Dip	Fish Cake or Fish Fingers with Homemade Chips and Baked Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Red Pepper Quiche	Cheese and Tomato Toasties	Creamy Salmon Pasta with Peas	Quorn Dipper Wraps	Veg Rolls
Homemade Soup	Chefs Choice	Leek and Potato	Chef Choice	Carrot and Coriander	Chef Choice
Starchy Food Various Bread Choices Available	Wraps	Mash	Pasta	Rice	Chips
Vegetables Salad Bar with Hummous	Peppers/Tomatoes	Carrots	Tomatoes	Salad	Baked Beans
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Homemade Cherry Bakewell Flapjacks Fresh Fruit	Homemade Fresh Fruit Pavlova Fresh Fruit	Fresh Fruit Salad Yoghurts	Vanilla Iced Sponge Fresh Fruit	Fruit Jelly and Ice Cream 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.

FFT is a 'not for profit' School Company *owned* by its Partner Schools





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 Cheesy Bean Pasta Bake with Crusty Wholemeal Bread	Homemade Traditional Liverpool Scouse with Pickles, Beetroot and Crusty Bread	Homemade Quorn Mince Lasagne with Homemade Garlic Bread	Ham Roast Dinner with Roast Potatoes and Seasonal Vegetables	Fish Fingers with Homemade Chips and Baked Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Baked Spring Rolls or Samosa	Feta and Vegetable Pasta	Homemade Cherry Tomato Quiche	Homemade Macaroni and Cheese Pasta.	Salmon fish Pie
Homemade Soup	Chef's Choice	Curried Cauliflower	Chef's Choice	Leek and Potato	Chef's Choice
Starchy Food Various Bread Choices Available	Rice/Wraps	Rice	Pasta	Potato	Chips
Vegetables Salad Bar with Hummous	Peppers/Broccoli	Carrots	Tomatoes	Salad	Baked Beans
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Iced Sponge Cake Fresh Fruit	Fresh Fruit Yoghurt Crunch Pots Fresh Fruit	Fresh Fruit Salad Yoghurts	Homemade Iced Apple Flapjacks Fresh Fruit	Cheese and Crackers or Yoghurts 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.

FFT is a 'not for profit' School Company *owned* by its Partner Schools





Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Tomato Pasta with Baby Carrots and Homemade Garlic Bread	Homemade Lamb Hotpot with Seasonal Vegetables	Homemade Pizza with Wedges and Fresh Salad	All Day breakfast – Scrambled Egg, Hash Browns, Beans, Sausage, Mushrooms	Veg Rolls or Fish Cake with Homemade Chips and Mushy Peas
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Pesto Pasta	Falafel Pitta Bread served with Salad and a Cucumber and Yoghurt Dip	Spanish Omelette	Vegetarian Breakfast	Veggie Burgers in a Bun
Homemade Soup	Chef's Choice	Chinese sweetcorn	Chef's Choice	Tomato and Lentil	Chef's Choice
Starchy Food Various Bread Choices Available	Pasta	Potato Slices	Pizza Base	Hash Browns	Chips
Vegetables Salad Bar with Hummous	Baby Carrots	Green Beans	Tomatoes	Mushrooms	Mushy Peas
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade	Homemade Shortbread Biscuits	Homemade Apple Pie with Cream	Fresh Fruit Salad	Cheryl's Jam Puff	Cheese and Crackers Yoghurts
Puddings Available Every Lunch time	Fresh Fruit	Fresh Fruit	Yoghurts	Fresh Fruit	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.

FFT is a 'not for profit' School Company *owned* by its Partner Schools





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	Quorn Mince Bolognese with Homemade Garlic Bread	Roast Pork Diner with Roast Potatoes, Season Vegetables, Stuffing and Gravy	Veg Sausage with Homemade Mash Potato and Broccoli	Homemade Spanish Chicken with Wholemeal Rice and Green Beans	Battered Fish or Fish Fingers with Homemade Chips and Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Tuna Pasta with Cucumber and Sweetcorn	Twice Baked Jackets	Vegetable Frittata	Vegetable and Rice Enchiladas	Salmon Fish Pie
Homemade Soup	Chef's Choice	Roasted Pepper	Chef's Choice	Spicy Tomato	Chef's Choice
Starchy Food Various Bread Choices Available	Spaghetti	Roast Potatoes	Potato	Brown Rice	Chips
Vegetables Salad Bar with Hummous	Tomatoes	Cauliflower	Broccoli	Green Beans	Baked Beans
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Homemade Ginger Biscuits Fresh Fruit	"Chocolate" Cookies Fresh Fruit	Fresh Fruit Salad Yoghurts	Iced Apple Flapjacks Fresh Fruit	Fruit Jelly and Ice Cream 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.

FFT is a 'not for profit' School Company *owned* by its Partner Schools