



Week Commencing 02/09/19

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 Wholemeal Tomato Pasta with Crusty bread	Sausage and Homemade Mash Potato Served with Gravy and Seasonal Vegetables	Homemade Vegetable Stir-Fry with Egg Noodles	Homemade Spanish Chicken with Chorizo served along side Rice and Peas	Fish Fingers with Homemade Chips and Baked Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Homemade Cheese and Onion Quiche	Vegetable Paella	Vegetable and Cheese Quesadillas	Twice Baked Jackets	Veggie Burgers in a Bun
Homemade Soup	Chef Choice	Leek and Potato	Chef Choice	Broccoli and Cheddar	Chef Choice
Starchy Food Various Bread Choices Available	Pasta	Mash	Egg Noodles	Rice	Homemade Chips
Vegetables Salad Bar with Hummous	Green Beans	Broccoli	Peppers	Tomatoes	Homemade Chips
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Angie's Cookies Fresh Fruit	Scones with Jam or Cream Yoghurts	Fresh Fruit Salad 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 2	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 Pasta served with Homemade Crusty Bread	Homemade Chicken Curry served with Rice and Peas	Homemade Pizza served with Wedges and Fresh Salad	Spaghetti Bolognese served with Warmed Ciabatta Bread	Homemade Battered Fish with Homemade Chip and Mushy Peas
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Cheese and Tomato Toasties	Pesto Pasta	Welsh Onion Cakes	Spanish Omelette	Veggie Sausage Roll
Homemade Soup	Chef Choice	Vegetable	Chef Choice	Leek and Potato	Chef Choice
Starchy Food Various Bread Choices Available	Wholemeal Pasta	Rice	Wholemeal Pizza Base	Spaghetti	Homemade Chips
Vegetables Salad Bar with Hummous	Tomato	Peas	Fresh Salad	Tomatoes	Mushy Peas
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	'Chocolate' Fudge Cake Fresh Fruit	Cheryl's Jam Puffs Fresh Fruit	Fresh Fruit Salad Yoghurts	Vanilla Cheesecake Fresh Fruit	Cheese and Crackers Fresh Fruit

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Week Commencing 16/09/19

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	Steak and Vegetable Pie served with Mash Potato and Rich Onion Gravy	Vegetable Curry served with Rice and Mango Chutney	All Day Breakfast with Sausage, Hash Brown, Mushrooms, Scrambled Egg, Beans	Fish Cake or Fish Fingers and Homemade Chips Served with Mushy Peas
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Quorn Mince Shepard's Pie	Tuna Pasta Salad	Cheese and Tomato Quesadillas	Veggie Breakfast	Homemade Salmon Fish Pie
Homemade Soup	Chef Choice	Leek and Potato	Chef Choice	Tomato and Basil	Chef Choice
Starchy Food Various Bread Choices Available	Pasta	Mash	Rice	Wholemeal Toast	Homemade Chips
Vegetables Salad Bar with Hummous	Tomatoes	Broccoli	Hidden Vegetables	Mushrooms	Mushy Peas
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Yoghurt Fruit Crunch Pots Fresh Fruit	Apple Flapjacks Fresh Fruit	Fresh Fruit Salad Yoghurts	Iced Sponge Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

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Week Commencing 23/09/19

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 Cajun Wedges and Salad	Homemade Liverpool Scouse Served with Beetroot and Pickles	Homemade Tomato Pasta Bake Served with Green Beans and Crusty Bread	Lamb Kofta Pitas served with Yoghurt and Cucumber Dip and Herby Potatoes	Homemade Battered Fish served with Homemade Chips and Garden Peas
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Asian Noodles	Twice Baked Jackets	Veggie Sausage Toasties	Falafel Pitas	Veggie Sausage Rolls
Homemade Soup	Chef Choice	Cream of Tomato	Chef Choice	Vegetable	Chef Choice
Starchy Food Various Bread Choices Available	Pizza Base	Potato	Pasta	Pitta Bread	Homemade Chips
Vegetables Salad Bar with Hummous	Tomato sauce	Leeks	Green beans	Cucumber/Salad	Garden Peas
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Angie's Cookies Fresh Fruit	Marble Cake Fresh Fruit	Fresh Fruit Pavlova Yoghurts	Scones with Butter and Jam Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

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Week Commencing 30/09/19

DAILY CHEF SPECIALS!

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	"frys Chicken style" Stir Fry with Egg Noodles and Stir Fry Vegetables	Moroccan Lamb served with Vegetable Rice and Yoghurt and Cucumber Dip	Quorn Mince Cottage Pie served with Seasonal vegetables	Chicken Roast Dinner with Broccoli, Carrots, Stuffing and Homemade Vegetable Gravy	Fish Fingers served with Homemade Chips and Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Baked Samosa or Spring Roll	Aubergine Gratin	Cheese and Onion Quiche	Vegetable and Lentil Stew	Homemade Salmon Fish Pie
Homemade Soup	Chef Choice	Broccoli Soup	Chef Choice	Chinese Sweetcorn	Chef Choice
Starchy Food Various Bread Choices Available	Noodles	Rice	Mash	Roast Potatoes	Homemade Chips
Vegetables Salad Bar with Hummous	Bean Sprouts	Peas	Seasonal Vegetables	Broccoli	Beans
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Apple Flapjacks Fresh Fruit	Shortbread Biscuits Fresh Fruit	Fresh Fruit Salad Yoghurts	Cherry Bakewell Slice Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

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Week Commencing 07/10/19

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	Creamy cheese Broccoli and Pasta Bake served with Crusty Bread	Chicken Curry served with Wholemeal Rice and Green Beans	Vegetable Lasagne served with Garlic Bread and Salad	Roast Ham served with Minted New Potatoes and Cauliflower Cheese	Fish Cake or Fish Fingers with Homemade Chips and Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Red Pepper Quiche	Samosa and Spring Rolls	Welsh Rarebit	Vegetable Kebabs with Pita	Salmon Fish Pie
Homemade Soup	Chef Choice	Red Pepper	Chef Choice	Vegetable	Chef Choice
Starchy Food Various Bread Choices Available	Wholemeal Pasta	Wholemeal Rice	Pasta Sheets	New Potatoes	Homemade Chips
Vegetables Salad Bar with Hummous	Broccoli	Green Beans	Tomatoes	Cauliflower	Baked Beans
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Cherry Flapjacks Fresh Fruit	Pineapple and Coconut Sponge Fresh Fruit	Fresh Fruit Salad Yoghurts	Scones with Butter and Jam Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

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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 served with Homemade wedges and Salad	Turkey Roast Dinner with Oven Roasted potatoes, Stuffing, Seasonal Vegetables and Gravy	Homemade Salmon Fish Pie served with Garden Peas and Leek Medley	Homemade Spaghetti Bolognese served with Crusty Bread	Local Sausage served with Homemade Chips and Mushy Peas
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Twice Baked Jackets	Cheese and Tomato Toasties	Pesto Pasta	Cheese and Chive Quiche	Posh Fish Finger Barm
Homemade Soup	Chef Choice	Curried Cauliflower	Chef Choice	Tomato	Chef Choice
Starchy Food Various Bread Choices Available	Pizza Base	Roast Potatoes	Mash Potato	Spaghetti	Homemade Chips
Vegetables Salad Bar with Hummous	Cucumber/Tomato	Broccoli	Peas and Leeks	Carrots	Mushy Peas
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Iced Sponge Fresh Fruit	Jelly and Ice Cream Fresh Fruit	Fresh Fruit Salad Yoghurts	Carrot Cake Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

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Week Commencing 21/10/19

DAILY CHEF SPECIALS!

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	"Frys Chicken Burger" in a Bun served with Chips and Beans	Homemade Liverpool Scouse served with Pickles and Red Cabbage	Homemade Vegetable Curry Served with Rice and Poppadum.	Chef Choice	Homemade Battered Fish Served with Homemade chips and Mushy Peas
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Cheese and Onion Quiche	Feta Pasta with Red Onion	Baked Samosa and Spring Rolls	Chef Choice	Salmon Fish Pie
Homemade Soup	Chef Choice	Leek and Potato	Chef Choice	Chef Choice	Chef Choice
Starchy Food Various Bread Choices Available	Wholemeal Pasta	Potato	Wholemeal Rice	Chef Choice	Homemade Chips
Vegetables Salad Bar with Hummous	Tomatoes	Leeks	Carrots	Chef Choice	Mushy Peas
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Oat Cookies Fresh Fruit	Fresh Fruit Yoghurt Crunch Pots Fresh Fruit	Fresh Fruit Salad Yoghurts	Chef Choice Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

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