



Week Commencing 30/08/21

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				Vegetable Stir fry served with Noodles and Stir fry Vegetables	Fish Fingers with Chips and Baked Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily				Veg Samosa and Spring Rolls	Homemade Salmon and Leek Fish Pie
Homemade Soup				Broccoli and Cheddar	Chef Choice
Starchy Food Various Bread Choices Available				Noodles	Homemade Chips
Vegetables Salad Bar with Hummus				Broccoli	Baked Beans
Dessert Fresh Fruit, Selection of Low-Fat Yoghurts and Homemade Puddings Available Every Lunch time				Iced Shortbread Fresh Fruit	Cheese and Crackers Fresh Fruit

All our meat is from local suppliers, we use free range eggs, organic milk, pasta, and flour when available. 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	Homemade Vegetable Curry with Yoghurt and Mint Dip Served with Rice	All Day Breakfast with Sausage, Scrambled Egg, Wholemeal Toast, Mushrooms and Hash Browns	BBQ Chicken with Rice served with Butter Glazed Corn on the Cob	Ham Roast Dinner with Cauliflower Cheese, Roast Potatoes, Baby Carrots and Gravy	Homemade Battered Fish with Chip and Minted Mushy Peas
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Pesto Pasta	Red Onion Quiche	Quorn Mince Cottage Pie	Broccoli and Pasta Bake	Veggie Sausage Roll
Homemade Soup	Chef Choice	Vegetable	Chinese Sweetcorn	Leek and Potato	Chef Choice
Starchy Food Various Bread Choices Available	Wholemeal Rice	Wholemeal Toast	Rice	Roast Potato	Homemade Chips
Vegetables Salad Bar with Hummus	Celery and Cabbage	Mushrooms	Sweetcorn	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 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	Cumberland Sausage Slice served with Homemade Wedges and Brown Sauce	Spanish Chicken Traybake with Mixed Peppers served with Rice	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	Tuna Pasta with Cucumber and Red Onion	Veggie Sausage Toasties	Twice Baked Jacket Potatoes	Tandoori Salmon Served with Teardrop Naan Bread
Homemade Soup	Chef Choice	Leek and Potato	Red Pepper Soup	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	Peppers	Carrots	Mushy Peas
Dessert Fresh Fruit, Selection of Low-Fat Yoghurts and Homemade Puddings Available Every Lunch time	Iced Apple Flapjacks Fresh Fruit	Fresh Fruit Trifle Fresh Fruit	Sticky Toffee Pudding Yoghurts	Fresh Fruit Salad Fresh Fruit	Rich Chocolate Cookies Mixed Flavour Yoghurts

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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	Chicken Roast Dinner with Roast Potatoes, Stuffing, Broccoli, Carrots and Gravy	Lamb Kofta Kebab served with Pita Bread, Rice and Carrot and Orange Coleslaw	Homemade Sausage and Mashed Potato with Onion Gravy	Fish Fingers with Chips and Baked Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Vegetable Fried Rice	Asian Noodles	Tomato and Basil Pasta	Homemade Salmon and Leek Fish Pie	Veggie Sausage Roll
Homemade Soup	Leek and Potato	Tomato and Basil	Carrot and Coriander	Broccoli and Cheddar	Chef Choice
Starchy Food Various Bread Choices Available	Pizza Base	Roast Potato	Rice	Mash Potato	Homemade Chips
Vegetables Salad Bar with Hummus	Mixed Salad	Seasonal Vegetable	Carrots	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	Carrot Cake Yoghurts	Cheese and Crackers Fresh Fruit	Arctic Roll Fresh Fruit

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Week Commencing 27/09/21

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	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 Crusty 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	Vegetable and Feta Pasta	Veggie Sausage Toasties	Macaroni Cheese	Veggie Sausage Roll
Homemade Soup	Chef Choice	Vegetable	Chef Choice	Tomato and Basil	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	Peas	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	Chocolate Cookies Fresh Fruit	Cheese and Crackers with Yoghurts Fresh Fruit

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Week Commencing 04/10/21

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 Pie and Mash Potato with Onion Gravy and Green Beans	Broccoli and Chorizo Penne Pasta served with Crusty Bread	Chicken Ramen Noodle served with Half a boiled Egg and Spring Onions	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	Spicy Quorn Enchilada	Cheese and Onion Plate Pie	Twice Baked Jacket Potatoes	Veggie Burger in a Bun
Homemade Soup	Chef Choice	Leek and Potato	Broccoli and Cheddar	Chef Choice	Chef Choice
Starchy Food Various Bread Choices Available	Lasagne Sheets	Mash Potato	Pasta	Noodles	Homemade Chips
Vegetables Salad Bar with Hummus	Tomatoes	Green Beans	Broccoli	Spring Onions	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	Coconut Ices Fresh Fruit	Rich Chocolate Cookies Mixed Flavour Yoghurts

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Week 7	Monday	Tuesday	Wednesday	Thursday Celebrate National Sausage Month	Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Pizza served with Wedges and Fresh Salad	Homemade Chicken Curry served with Rice and Naan Bread	Homemade Vegetable Stir-fry served with Egg Noodles	Chef's selected Sausage served with Homemade Mash Potato and Onion Gravy	Fish Fingers served with Chips and Mushy Peas
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Tuna Pasta with Cucumber and Red Onion	Cherry Tomato Quiche	Vegetable Ravioli in Homemade Tomato Sauce	Glamorgan Sausage	Veggie Sausage Roll
Homemade Soup	Chef Choice	Split Pea	Tomato and Basil	Chef Choice	Chef Choice
Starchy Food Various Bread Choices Available	Pizza Base	Rice	Egg Noodles	Mash Potato	Chips
Vegetables Salad Bar with Hummus	Mixed Salad	Tomatoes	Stir-fry Vegetables	Broccoli	Peas
Dessert Fresh Fruit, Selection of Low-Fat Yoghurts and Homemade Puddings Available Every Lunch time	Iced Shortbread Fresh Fruit	Sponge Cake with Custard Fresh Fruit	Fresh Fruit Salad Yoghurts	Apple Flapjacks Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

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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	Quorn Chicken Nuggets served with Homemade Wedges and Fresh Salad	Homemade Lamb Mince Shepherd's Pie served with Green Beans	Homemade Vegetable Curry with Rice and Naan Bread	Homemade Spaghetti Bolognese served with Crusty Bread	Hotdog in a Bun with Homemade Chips and Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Spaghetti with Tomato and Basil Sauce	Samosa and Spring Rolls	Red Onion Quiche	Vegetable Fried Rice	Tandoori Salmon
Homemade Soup	Peppers	Red Pepper	Chef Choice	Vegetable	Chef Choice
Starchy Food Various Bread Choices Available	Wedges	Mashed Potato	Rice	Spaghetti	Homemade Chips
Vegetables Salad Bar with Hummus	Salad	Green Beans	Carrots	Tomatoes	Baked Beans
Dessert Fresh Fruit, Selection of Low-Fat Yoghurts and Homemade Puddings Available Every Lunch time	Cherry Flapjacks Fresh Fruit	Warmed Scotched Pancakes with Cream and Golden Syrup	Fresh Fruit Salad Mixed Yoghurts	Scones with Butter and Jam Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

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FFT Memo,

Following feedback from the menu, we have reduced vegetable lasagne.

For the next menu cycle, we have included Sausage Day. All cooks/chefs have access to various flavours of sausages they can offer to their children. Cooks can still order the standard pork sausages but it would be great to see the children have the option to try new flavours, this will be left at the discretion of each school cook.

Cooks of Rainford offer the following:

Pork and Apple sausage

Hot and Spicy sausage

Mango and Lime Chutney sausage

Ulverston Meats offer the following (all thick link):

Pork and Damson sausage

Pork and Leek sausage

Pork and Apple sausage

You must only order from your usual supplier.

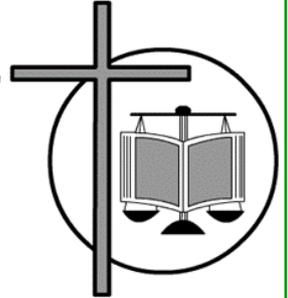


Newsletter
Issue 6

Tom's News –

Food For Thought are delighted to welcome the pupils and school community at St Francis De Sales Catholic Infant School to our not-for-profit consortium.

Mobile Chef, Lorna will be supporting the development of tasty home-made meals for lunch every day and we are looking forward to working with you all!



WANTED

YOUR FLIGHT TRAYS

We want your flight trays !

FFT would like all children to eat off proper crockery plates.

We have secured the best price for new plates, trays and dessert bowls from our supplier.

FFT will offer

an additional 50p OFF each ceramic plate purchased, in return for each of your flight trays collected from schools.

REWARD

Attention all Chefs



During the pandemic many schools have made changes to the menu they are producing .

Our new menus have now been circulated and it is important we get back to normal service as soon as possible, ensuring the children are having a nutritious balanced meal . The Food For Thought managers are currently conducting audit visits in schools and will be monitoring to ensure the FFT menu is being followed . If you need any further information regarding the menu please contact Dan Reeves—contact details overleaf

STAFF VACANCIES

Food For Thought are currently recruiting additional mobile chefs. These posts are 30 hours per week working Monday to Friday during term time . Starting at 8:00am each day, mobile chefs are deployed to cover absence/ sickness in Food For Thought schools . If you require more information or an application form please contact our office manager. (contact details overleaf

High Praise for High Standards



His Honour John Roberts DL
The High Sheriff of Merseyside

15th April 2021

Dear Cook,

I write to thank you most sincerely for an excellent lunch. I can honestly say that it is the best lunch that I have ever had in any school anywhere. I really do mean that. It was tasty, it was wholesome and it was plentiful. And from what we were told as we ate it that is the standard of food that you and your staff produce day in and day out. And the excellence of your catering goes further for we saw the variety of different food that you provide for the children. It was truly amazing.

My wife joins me in congratulating you on the standard of your cooking and in asking you to pass on our thanks to the others with whom you work in the kitchen.

Finally I apologise for simply addressing you as cook but I do not know your name!!

Yours sincerely,

Marlowe, 8 Vyner Road South, Preston, Winstal C1443 7PR 07592 333028 highsheriffmerseyside@gmail.com

Gratitude from a happy parent at St Paschal Baylon Catholic Primary School

'Just wanted to pass on our thanks to the Chef at St Paschal Baylon School.

My twins both have CMPA (allergic to dairy:butter/milk/whey/milk protein/lactose cream) and started in reception at St Paschal Baylon in September.

We had a review with the dieticians in February who wrote to the school. The Chef has made huge effort to provide the girls with dairy free options - even going so far as making them their own dairy free pizzas. The menu is very inclusive for the girls each week - even the sausages and he makes flapjacks & biscuits that the girls can have. I can't tell you how grateful we are that this has happened. And we really appreciate the efforts made. The girls have been so happy telling me they have had the same as their friends for lunch.

I have thanked the school and asked the school to pass on our thanks to Chef but I also wanted to make you aware too of what a great job he has done.'

WELL DONE JAK !

Great praise for Kim and the catering team at Knotty Ash School from a recent visitor—well done to you all -great ambassadors for school meals !!

Neil's Top Tips

Falafel Recipe

Neil is currently checking and rewriting the Food For Thought recipe folder.

He has made improvements to the current recipe for the Falafel. From now on if you are making the product please can you use the new recipe attached to this copy of the newsletter, and destroy the previous copy.

Contact details

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Administration information

School administration colleagues should have received, by post, the new menus and the new 'Delivery Variation Sheet', along with the hard copies of the last newsletter.

Just a reminder, copies of all these documents should be shared with the school catering staff, in particular the Delivery Variation Sheet that the catering manager needs to complete in the event of any issues relating to food deliveries .

Important Information For Us

Please can you send /email us a copy of your term dates for the next academic year and include any inset training dates . Thank you