# Week 3 Nutritional Analysis

**Nutritional Analysis provided by RH Nutrition**

<table>
<thead>
<tr>
<th>Day</th>
<th>Main Dish</th>
<th>Alternative Dish</th>
<th>Homemade Soup</th>
<th>Starchy Food</th>
<th>Vegetables</th>
<th>Dessert</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Tomato Pasta – Organic Pasta Shells Tossed in a Rich Ragu Sauce Served with Garlic Bread</td>
<td>Roasted Vegetable Tart</td>
<td>Tomato and Basil</td>
<td>Pasta and Garlic Bread</td>
<td>Fresh Vegetables and salads prepared daily</td>
<td>Homemade Strawberry Jam Sponge</td>
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<tr>
<td>Tuesday</td>
<td>Traditional Liverpool Scouse - Lamb Cooked with Fresh Vegetables and Potatoes Served with Crusty Bread</td>
<td>Vegetarian Sausage and Tomato Toasties</td>
<td>Cook’s Choice</td>
<td>Potato</td>
<td>Carrot and Suede</td>
<td>Homemade Iced Banana Cake Fresh Fruit</td>
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<tr>
<td>Wednesday</td>
<td>Vegetable Curry – Chip Shop Style Curry Sauce with Lentils and Chick Peas served with Braised Basmati Rice</td>
<td>Sweet Potato and Aubergine Moroccan Stew</td>
<td>Cook’s Choice</td>
<td>Rice</td>
<td>Vegetable Curry Sauce</td>
<td>Homemade Shortbread Biscuits Fresh Fruit</td>
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<tr>
<td>Thursday</td>
<td>Homemade Cottage Pie – Beef Mince in Rich Gravy with Carrot and Onion Topped with Mashed Potato</td>
<td>Quorn Mince Cottage Pie</td>
<td>Lentil</td>
<td>Mashed Potato</td>
<td>Seasonal Vegetables</td>
<td>Homemade Flapjacks Fresh Fruit</td>
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<td>Friday</td>
<td>Hand Battered Fish Fillet or Fish Finger with Homemade Chips and Mushy Peas</td>
<td>Vegetarian Sausage with Homemade Chips and Kosher Beans</td>
<td>Cook’s Choice</td>
<td>Homemade Chips</td>
<td>Mushy Peas</td>
<td>Fresh Fruit Salad</td>
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</tbody>
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**Starchy Food**
- Kosher bread choices in the week
- Pasta and Garlic Bread
- Potato
- Rice
- Mashed Potato
- Homemade Chips

**Vegetables**
- Fresh Vegetables and salads prepared daily
- Salad Options
- Carrot and Suede
- Vegetable Curry Sauce
- Seasonal Vegetables
- Mushy Peas

**Dessert**
- Menu Choices may alter based upon school & pupil preference
- Homemade Strawberry Jam Sponge
- Homemade Iced Banana Cake
- Homemade Shortbread Biscuits
- Homemade Flapjacks
- Fresh Fruit Salad

**All our meat is certified and supervised Kosher under Manchester Beth Din. Over 50% of our food is locally sourced and 30% is organic (subject to availability). We use Organic & Fairtrade Produce. Food for Thought use only white free range eggs, Kosher products and are supervised by Liverpool Kashrut Commission.

FFT is a 'not for profit' School Company owned by its Partner Schools - Our Meals are prepared Daily.