### Nutritional Analysis

**Main Dish**

We strive to provide a variety of hot and cold dishes, for each child to freely decide what they would like for dinner.

**Monday**
- Vegetarian Sausage & Bean Casserole
  - Served with Mashed potatoes

**Tuesday**
- Vegetarian Chilli With Savoury Rice And Tortilla

**Wednesday**
- Tuna Pasta Bake With Garlic Focaccia Bread

**Thursday**
- Roast Turkey With Roast Potatoes & Seasonal Veg

**Friday**
- Fish Finger Barm With Handmade Chips & Mushy Peas

**Alternative Dish**

Jacket Potatoes with tuna, Kosher beans etc. available everyday

**Monday**
- Veggie Sausage Roll With mash & beans

**Tuesday**
- Tomato & Basil Pasta

**Wednesday**
- Roasted Vegetable Tart

**Thursday**
- Vegetarian Roast With Roast Potatoes & Veg

**Friday**
- Vegetarian Sausage & Beans With Handmade chips

**Homemade Soup**

**Monday**
- Tomato

**Tuesday**
- Chefs Choice

**Wednesday**
- Chicken Noodle

**Thursday**
- Chefs Choice

**Friday**
- Chefs Choice

**Starchy Food**

Kosher bread choices in the week

**Monday**
- Beans, Potatoes & Bread

**Tuesday**
- Rice, Pasta & Bread

**Wednesday**
- Noodles, Pasta & Bread

**Thursday**
- Potatoes & Bread

**Friday**
- Bread, Pastry & potatoes

**Vegetables**

Fresh Vegetables, Coleslaw and salads prepared daily

**Monday**
- Diced Courgette & Sweetcorn

**Tuesday**
- Vegetable Medley

**Wednesday**
- Vegetables

**Thursday**
- Salad Choices

**Friday**
- Musky Peas

**Dessert**

Menu Choices may alter based upon school & pupil preference

**Monday**
- Apple Crumble with Custard Fresh fruit

**Tuesday**
- Homemade Flapjack Fresh fruit

**Wednesday**
- Homemade Gingerbread People Fresh fruit

**Thursday**
- Chocolate Orange Sponge Fresh fruit

**Friday**
- Rice Pudding & Strawberry jam Fresh fruit

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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**