<table>
<thead>
<tr>
<th>Day</th>
<th>Main Dish</th>
<th>Alternative Dish</th>
<th>Hommade Soup</th>
<th>Vegetables</th>
<th>Dessert</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Spaghetti Milanaise Served with Garlic Pizza Dough Balls</td>
<td>Vegetarian Lasagne With Garlic Bread</td>
<td>Minestrone</td>
<td>Salad Choices</td>
<td>Gellato- Ice cream Fresh fruit</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Chicken Paella with Warm Crusty bread</td>
<td>Spanish style Omelette</td>
<td>Chicken</td>
<td>Salad Choices</td>
<td>Spanish Orange Cake Fresh Fruit</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Beef Bourguignon With Seasonal Vegetables &amp; New potatoes</td>
<td>Vegetable Cassoulet With Crusty Baguette</td>
<td>French onion</td>
<td>Salad Choices</td>
<td>Choux buns Fresh Fruit</td>
</tr>
<tr>
<td>Thursday</td>
<td>Chilli con Carne With Spicy Rice And Salsa</td>
<td>Mexican Wedges With Salsa dip</td>
<td>Chefs Choice</td>
<td>Peppers &amp; Onions</td>
<td>Fresh Fruit Salad Fresh Fruit</td>
</tr>
<tr>
<td>Friday</td>
<td>Battered Fish &amp; Hand cut Chips With Mushy peas</td>
<td>Vegetarian sausage With Chips &amp; Baked beans</td>
<td>Chefs Choice</td>
<td>Mushy Peas</td>
<td>Syrup sponge &amp; Custard Fresh fruit</td>
</tr>
</tbody>
</table>

**Starchy Food**

- Kosher bread choices in the week
- Bread & Pasta
- Rice
- Potatoes & Bread
- Rice & Potatoes
- Chips

**Vegetables**

- Fresh Vegetables, Coleslaw and salads prepared daily
- Salad Choices
- Salad Choices
- Salad Choices
- Peppers & Onions
- Mushy Peas

**Dessert**

- Menu Choices may alter based upon school & pupil preference
- Gellato - Ice cream Fresh fruit
- Spanish Orange Cake Fresh Fruit
- Choux buns Fresh Fruit
- Fresh Fruit Salad Fresh Fruit
- Syrup sponge & Custard Fresh fruit

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**Nutritional Analysis** provided by RH Nutrition

**World Cup**

- Italy
- Spain
- France
- Mexico
- England

**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.

**Alternative Dish**

Jacket Potatoes with, tuna, Kosher beans etc. available everyday

**Homemade Soup**

- Minestrone
- Chicken
- French onion
- Chefs Choice
- Chefs Choice

**Starchy Food**

- Kosher bread choices in the week
- Bread & Pasta
- Rice
- Potatoes & Bread
- Rice & Potatoes
- Chips

**Vegetables**

- Fresh Vegetables, Coleslaw and salads prepared daily
- Salad Choices
- Salad Choices
- Salad Choices
- Peppers & Onions
- Mushy Peas

**Dessert**

- Menu Choices may alter based upon school & pupil preference
- Gellato - Ice cream Fresh fruit
- Spanish Orange Cake Fresh Fruit
- Choux buns Fresh Fruit
- Fresh Fruit Salad Fresh Fruit
- Syrup sponge & Custard 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.