<table>
<thead>
<tr>
<th>Day</th>
<th>Main Dish</th>
<th>Alternative Dish</th>
<th>Starchy Food</th>
<th>Vegetables</th>
<th>Dessert</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Mediterranean Vegetable Pasta bake With Garlic Bread</td>
<td>Pesto Pasta With Garlic Bread</td>
<td>Bread &amp; pasta</td>
<td>Salad Choices</td>
<td>Cherry &amp; Apple Crumble Fresh Fruit</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Fish Pie-Sustainable Fish in a béchamel Sauce Topped with Mashed Potato &amp; Herb Crumb</td>
<td>Spicy Vegetable Stew</td>
<td>Potato</td>
<td>Garden Peas &amp; Sweetcorn</td>
<td>Biscuit Selection Fresh Fruit</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Egg Fried Rice With Homemade Mild Curry Sauce</td>
<td>Sweet Potato &amp; Roast Pepper Bake</td>
<td>Organic Rice</td>
<td>Salad Choices</td>
<td>Gingerbread People Fresh Fruit</td>
</tr>
<tr>
<td>Thursday</td>
<td>Beef Bolognese With Organic Spaghetti &amp; Garlic Bread</td>
<td>Quorn Mince Bolognese With Spaghetti &amp; Garlic Bread</td>
<td>Pasta &amp; Bread</td>
<td>Salad Choice</td>
<td>Jam &amp; Coconut Sponge Fresh Fruit</td>
</tr>
<tr>
<td>Friday</td>
<td>Homemade Chicken Fillet Burger in a Bun With Hand Cut Cajun wedges</td>
<td>Vegetarian Sausage Roll &amp; Baked Beans</td>
<td>Bread &amp; Pastry</td>
<td>Salad Choices</td>
<td>Biscuit Selection Fresh Fruit</td>
</tr>
</tbody>
</table>

**Homemade Soup**
- Chef's Choice
- Leek & Potato
- Vegetable
- Chef's Choice
- Chef's Choice

**Kosher bread choices in the week**
- Bread & pasta
- Potato
- Organic Rice
- Pasta & Bread
- Bread & Pastry

**Fresh Vegetables, Coleslaw and salads prepared daily**
- Salad Choices
- Garden Peas & Sweetcorn
- Salad Choices
- Salad Choice
- Salad Choices

**Dessert**
- Menu Choices may alter based upon school & pupil preference
- Cherry & Apple Crumble Fresh Fruit
- Biscuit Selection Fresh Fruit
- Gingerbread People Fresh Fruit
- Jam & Coconut Sponge Fresh Fruit
- Biscuit Selection Fresh Fruit

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**Nutritional Analysis provided by RH Nutrition**

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**Daily Chef Specials!**

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

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**Kosher under Manchester Beth Din. Over 50% of our food is locally sourced and 30% is organic (subject to availability)**

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**Food for Thought use only white free range eggs, Kosher products and are supervised by Liverpool Kashrut Commission**

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