**Week Commencing 23/6/14**

**Main Dish**
- **Monday:** Tuna Pasta Bake With Garlic Bread
- **Tuesday:** Beef Sausage in Onion Gravy Served with mashed potatoes & Garden Peas
- **Wednesday:** Chinese style Vegetable Stir fry With Egg Noodles in an Oriental Sauce
- **Thursday:** Chicken & Mushroom Carbonara With Tagliatelle & Garlic Bread
- **Friday:** Fish Fingers With hand cut Chips & Baked Beans

**Alternative Dish**
- **Monday:** Vegetable Chilli With Savoury rice
- **Tuesday:** Vegetarian Sausage in Gravy & Mashed potatoes
- **Wednesday:** Vegetable Thai Curry With Egg Fried Rice
- **Thursday:** Vegetarian Cottage Pie With Seasonal Vegetables
- **Friday:** Vegetarian Frankfurter In a Roll

**Homemade Soup**
- **Monday:** Tomato & Basil
- **Tuesday:** Chef's Choice
- **Wednesday:** Minestrone
- **Thursday:** Sweet Potato
- **Friday:** Chef's Choice

**Starchy Food**
- **Monday:** Pasta, Bread and Rice
- **Tuesday:** Mashed Potato
- **Wednesday:** Rice & Noodles
- **Thursday:** Potato
- **Friday:** Chips & Bread roll

**Vegetables**
- **Monday:** Salad Choices
- **Tuesday:** Garden Peas
- **Wednesday:** Stir Fry Veg
- **Thursday:** Seasonal Vegetables
- **Friday:** Salad Choices

**Dessert**
- **Monday:** Rice Crispy Cake Fresh Fruit
- **Tuesday:** Biscuit Selection Fresh Fruit
- **Wednesday:** Caramel Apple Sponge with Custard Fresh Fruit
- **Thursday:** Homemade Flapjack Fresh Fruit
- **Friday:** Biscuit Selection Fresh Fruit

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*