### Nutritional Analysis provided by RH Nutrition

**Monday**
- **Main Dish**: Homemade Cheese and Onion Pie – Puff Pastry Filled with Organic Cheddar Cheese, Local Onions and Bound in Fresh Mashed Potato
- **Alternative Dish**: Homemade Hummous and Vegetable Crudites
- **Homemade Soup**: Tomato and Basil
- **Starchy Food**: Pastry and Potato
- **Vegetables**: Seasonal Vegetables
- **Dessert**: Homemade Flapjacks

**Tuesday**
- **Main Dish**: Spaghetti Bolognese – Local Beef Steak Mince cooked in a Rich Tomato Sauce on a bed of Organic Spaghetti with Garlic Bread
- **Alternative Dish**: Macaroni Cheese and Garlic Bread
- **Homemade Soup**: Cook’s Choice
- **Starchy Food**: Organic Pasta
- **Vegetables**: Coleslaw and Tomatoes
- **Dessert**: Manchester Tart

**Wednesday**
- **Main Dish**: Quorn Shepherd’s Pie and Seasonal Vegetables
- **Alternative Dish**: Tuna Pasta Salad
- **Homemade Soup**: Cook’s Choice
- **Starchy Food**: Mashed Potato
- **Vegetables**: Seasonal Vegetables
- **Dessert**: Vanilla Cheesecake

**Thursday**
- **Main Dish**: Freshly Battered Sustainable Fish with Homemade Chips and Mushy Peas
- **Alternative Dish**: Cheese and Tomato Toasted Sandwiches
- **Homemade Soup**: Cook’s Choice
- **Starchy Food**: Homemade Chips
- **Vegetables**: Mushy Peas
- **Dessert**: Homemade Scones

**Friday**
- **Main Dish**: Chicken Chow Mein – Local Chicken in Oriental Spices Served with Egg Noodles and Spring Rolls
- **Alternative Dish**: Vegetable Egg Fried Rice with Prawn Crackers
- **Homemade Soup**: Chinese Sweetcorn
- **Starchy Food**: Rice or Egg Noodles
- **Vegetables**: Stir-fry Vegetables
- **Dessert**: Choc Ices

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All our meat is farm assured as a welfare standard. 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 free range eggs.

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