**Week Commencing 23/9/13**

**Main Dish**
- **Monday**: Tomato Pasta – Organic Pasta Shells Tossed in a Rich Ragu Sauce Served with Garlic Bread
- **Tuesday**: Traditional Liverpool Scouse – Kosher Lamb Cooked with Fresh Vegetables and Potatoes Served with Crusty Bread
- **Wednesday**: Vegetable Curry – Chip Shop Style Curry Sauce with Braised Basmati Rice
- **Thursday**: SHEMINI ATZERET
- **Friday**: SHEMINI ATZERET

**Alternative Dish**
- **Jacket Potatoes with**, tuna, Kosher beans etc. available everyday

**Homemade Soup**
- **Monday**: Tomato and Basil
- **Tuesday**: Sausage and Tomato Toasties
- **Wednesday**: Sweet Potato and Aubergine Moroccan Stew
- **Thursday**: (SCHOOL CLOSED)
- **Friday**: (SCHOOL CLOSED)

**Starchy Food**
- **Monday**: Pasta and Garlic Bread
- **Tuesday**: Potato
- **Wednesday**: Rice

**Vegetables**
- **Monday**: Salad Options
- **Tuesday**: Carrot and Suede
- **Wednesday**: Vegetable Curry Sauce

**Dessert**
- **Monday**: Homemade Strawberry Jam Sponge
- **Tuesday**: Fresh Fruit
- **Wednesday**: Homemade Iced Banana Cake
- **Thursday**: Fresh Fruit
- **Friday**: Homemade Shortbread Biscuits

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**Nutritional Analysis provided by RH Nutrition**

- **We strive to provide a variety of hot and cold dishes, for each child to freely decide what they would like for dinner.**
- **Jacket Potatoes with**, tuna, Kosher beans etc. available everyday
- **Homemade Soup**
- **Starchy Food**
- **Vegetables**
- **Alternative Dish**
- **Dessert**

**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.**