<table>
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<th>Week Commencing 20/10/14</th>
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### Main Dish

- **Monday**: Vegetarian Sausage & Bean Casserole Served With Mashed Potatoes
- **Tuesday**: Vegetarian Chilli With Savoury Rice And Tortilla
- **Wednesday**: Tuna Pasta Bake With Garlic Focaccia Bread
- **Thursday**: Roast Turkey With Roast Potatoes & Seasonal Veg
- **Friday**: Fish Finger Barm With Handmade chips & Mushy Peas

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

- **Monday**: Veggie Sausage Roll With mash & beans
- **Tuesday**: Tomato & Basil Pasta
- **Wednesday**: Roasted Vegetable Tart
- **Thursday**: Vegetarian Roast With Roast Potatoes & Veg
- **Friday**: Vegetarian Sausage & Beans With Handmade chips

### Starchy Food

- **Monday**: Beans, Potatoes & Bread
- **Tuesday**: Rice, pasta & Bread
- **Wednesday**: Noodles, Pasta & Bread
- **Thursday**: Potatoes & Bread
- **Friday**: Bread, pastry & potatoes

### Vegetables

- **Monday**: Diced Courgette & Sweetcorn
- **Tuesday**: Vegetable Medley
- **Wednesday**: Vegetables
- **Thursday**: Salad Choices
- **Friday**: Musky Peas

### Dessert

- **Monday**: Apple Crumble with Custard Fresh fruit
- **Tuesday**: Homemade Flapjack Fresh fruit
- **Wednesday**: Homemade Gingerbread People Fresh fruit
- **Thursday**: Chocolate Orange sponge Fresh fruit
- **Friday**: Rice Pudding & Strawberry jam 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**