



Week Commencing 09/04/18

## DAILY CHEF SPECIALS!

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Wholegrain Pizza Topped with Cheese, Garlic and Oregano	Traditional Liverpool Scouse served with Crusty Bread and Pickles	Tomato Pasta – Wholemeal Pasta in a Tomato and Garlic Sauce Served with Salad	Local Roast Beef and Yorkshire Pudding Served with Roast Potatoes and Vegetables	Fish Fingers or Fishcake Served with Homemade Chips and Mushy Peas
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Homemade Tomato and Cheese Quiche	Wholemeal Cheese Toasties	‘Twice Baked’ Jacket Potatoes	Macaroni Cheese with Peas	Veggie Burgers
<b>Homemade Soup</b>	<b>Chef’s Choice</b>	<b>Tomato and Lentil</b>	<b>Chef’s Choice</b>	<b>Pea and Mint</b>	<b>Chef’s Choice</b>
<b>Starchy Food</b> Various Bread Choices Available	Wholegrain Dough	Potato	Pasta	Roast Potato	Homemade Chips
<b>Vegetables</b> Salad Bar with Hummous	<b>Tomato, Cucumber</b>	<b>Carrot and Swede</b>	<b>Onions, Peppers</b>	<b>Broccoli Cauliflower</b>	<b>Mushy Peas</b>
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Victoria Sponge Cake  Fresh Fruit	Apple Flapjacks  Fresh Fruit	Homemade Fruit Salad  Yoghurt Selection	Homemade Fruit Scones  Fresh Fruit	Cheese and Crackers  Yoghurts

All our meat is farm assured from local suppliers, we use free range eggs, organic milk, pasta and flour. All of our fruit and vegetables are locally sourced where possible.

FFT is a ‘not for profit’ School Company *owned* by its Partner Schools

[www.foodforthoughtliverpool.co.uk](http://www.foodforthoughtliverpool.co.uk)



Week Commencing 16/04/18

## DAILY CHEF SPECIALS!

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Vegetable and Feta Wholemeal Pasta Served with Crusty Bread and Fresh Salad	Homemade Chicken Curry Served with Wholegrain Rice and Mango Chutney	Homemade Vegetable and Lentil Lasagne Served with Salad or Vegetables	Homemade Cumbrian Sausage and Mash Served with Peas and Onion Gravy	Homemade Battered Fish or Fish Fingers Served with Chips and Mushy Peas
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Broccoli and Cream Cheese Pasta Bake	Homemade Cheese and Onion Quiche	'Twice Baked' Jackets	Homemade Vegetable and Lentil Stew	Salmon Fish Pie
<b>Homemade Soup</b>	<b>Chef's Choice</b>	<b>Tomato and Lentil</b>	<b>Chef's Choice</b>	<b>Mushroom</b>	<b>Chef's Choice</b>
<b>Starchy Food</b> Various Bread Choices Available	Pasta	Rice	Pasta	Potato	Chips
<b>Vegetables</b> Salad Bar with Hummous	<b>Carrot, Onion</b>	<b>Green Beans</b>	<b>Tomato, Cucumber</b>	<b>Garden Peas</b>	<b>Mushy Peas</b>
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Homemade Rice Pudding with Jam	Fresh Fruit Salad Yoghurt Selection	Angie's Cookies Fresh Fruit	Homemade Vanilla Cheesecake Fresh Fruit	Cheese and Cracker Fresh Fruit

All our meat is farm assured from local suppliers, we use free range eggs, organic milk, pasta and flour. All of our fruit and vegetables are locally sourced where possible.

FFT is a 'not for profit' School Company *owned* by its Partner Schools

[www.foodforthoughtliverpool.co.uk](http://www.foodforthoughtliverpool.co.uk)



Week Commencing 23/04/18

## DAILY CHEF SPECIALS!

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Quorn Mince and Mashed Potato Served with Seasonal Vegetables or Salad	Homemade Cumbrian Chicken Pie Served with Minted New Potatoes and Peas	Homemade Pesto Pasta Served with Crusty Bread and Pickles	Homemade Caribbean Curry Beef Served with Rice and Peas, and Salad Bar Choices	Fish Finger or Fishcake Served with Homemade Chips and Baked Beans
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Tuna Pasta Salad with Peppers and Corn	'Twice Baked' Jackets	Cheese and Broccoli Quiche	Vegetable and Cheese Quesadillas	Meat Free Rolls
<b>Homemade Soup</b>	Chef's Choice	Tomato and Lentil	Chef's Choice	Carrot and Coriander	Chef's Choice
<b>Starchy Food</b> Various Bread Choices Available	Potato	Rice	Pasta	Rice	Chips
<b>Vegetables</b> Salad Bar with Hummous	Seasonal Vegetables	Garden Peas	Pickled Beets	Salad Choices	Baked Beans
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Fresh Fruit Salad Yoghurt Selection	Homemade Iced Shortbread Biscuit Fresh Fruit	Homemade Manchester Tart Fresh Fruit	Homemade Fruit Scones with Butter Fresh Fruit	Cheese and Crackers Fresh Fruit

All our meat is farm assured from local suppliers, we use free range eggs, organic milk, pasta and flour. All of our fruit and vegetables are locally sourced where possible.

FFT is a 'not for profit' School Company *owned* by its Partner Schools

[www.foodforthoughtliverpool.co.uk](http://www.foodforthoughtliverpool.co.uk)



Week Commencing 30/04/18

## DAILY CHEF SPECIALS!

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Wholemeal Macaroni Cheese Served with Crusty Bread	Big Brekkie – Cumbrian Sausage, Scrambled Egg, Wholemeal Toast, Tomato and Mushroom	Homemade Wholemeal Pizza Served with Fresh Salad Choices and Homemade Coleslaw	Homemade Cumbrian Beef Wholemeal Spaghetti Bolognese Served with Focaccia Bread	Homemade Battered Fish or Fishcake Served with Mushy Peas or Baked Beans
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Homemade Leek and Potato Quiche	Cheese and Tomato Toasties	Homemade Vegetable Paella	Cauliflower Cheese with Peas and Breadcrumbs	Salmon Fish Pie
<b>Homemade Soup</b>	<b>Chef's Choice</b>	<b>Tomato and Lentil</b>	<b>Chef's Choice</b>	<b>Sweet Potato</b>	<b>Chef's Choice</b>
<b>Starchy Food</b> Various Bread Choices Available	Pasta	Wholemeal Toast	Wholemeal Dough	Pasta	Chips
<b>Vegetables</b> Salad Bar with Hummous	Tomato, Cucumber	Tomato, Mushroom	Salad Bar	Cauliflower	Beans, Peas
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Fresh Fruit Salad Yoghurt Selection	Homemade Pineapple and Coconut Sponge with Custard	Fresh Fruit Jelly and Ice Cream Fresh Fruit	Chad's Cake Fresh Fruit	Cheese and Crackers Yoghurt Selection

All our meat is farm assured from local suppliers, we use free range eggs, organic milk, pasta and flour. All of our fruit and vegetables are locally sourced where possible.

FFT is a 'not for profit' School Company *owned* by its Partner Schools

[www.foodforthoughtliverpool.co.uk](http://www.foodforthoughtliverpool.co.uk)



Week Commencing 07/05/18

## DAILY CHEF SPECIALS!

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	May Day Bank Holiday	Homemade Vegetable and Rice Enchiladas Served with Fresh Salad and Hummus	Homemade Traditional Liverpool Scouse Served with Crusty Bread and Pickled Beets	Homemade Spanish Chicken – Cumbrian Chicken and Chorizo in Rich Tomato Served with Wholegrain Rice	Homemade Battered Fish or Fishcake Served with Chipped Potatoes and Marrowfat Peas
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	“	Homemade Vegetable Lasagne	Falafel Pitas	Pesto Pasta	Homemade Salmon Fish Pie
<b>Homemade Soup</b>	“	<b>Chef's Choice</b>	<b>Tomato and Lentil</b>	<b>Chef's Choice</b>	<b>Chef's Choice</b>
<b>Starchy Food Various Bread Choices Available</b>	“	Rice	Potato	Rice	Chips
<b>Vegetables Salad Bar with Hummous</b>	“	<b>Tomato, Lettuce</b>	<b>Carrot, Swede</b>	<b>Peppers, Onions</b>	<b>Marrowfat Peas</b>
<b>Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time</b>	“	Homemade Bakewell Tart Fresh Fruit	Fresh Fruit Salad Yoghurt Selection	Homemade Cookies Fresh Fruit	Yoghurt Selection Cheese and Cracker

All our meat is farm assured from local suppliers, we use free range eggs, organic milk, pasta and flour. All of our fruit and vegetables are locally sourced where possible.

FFT is a 'not for profit' School Company *owned* by its Partner Schools

[www.foodforthoughtliverpool.co.uk](http://www.foodforthoughtliverpool.co.uk)



Week Commencing 14/05/18

## DAILY CHEF SPECIALS!

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Wholegrain Pizza Topped with Cheese, Garlic and Oregano	Roast Ham Served with Garlic and Herb New Potatoes and Cauliflower Cheese	Homemade Quorn Wholemeal Spaghetti Bolognese Served with Crusty Bread and Salad	Traditional Liverpool Scouse Served with Pickled Red Cabbage and Beetroot	Cumbrian Beef Burgers in a Bun with Cheese, Served with Chips and Coleslaw
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Homemade Cheese and Tomato Quiche	Vegetable and Lentil Stew	'Twice Baked' Jacket Potatoes	Macaroni Cheese with Peas	Veggie Burgers
<b>Homemade Soup</b>	Chef's Choice	Tomato and Lentil	Chef's Choice	Curried Cauliflower	Chef's Choice
<b>Starchy Food</b> Various Bread Choices Available	Pizza Dough	New Potatoes	Spaghetti	Potato	Chips
<b>Vegetables</b> Salad Bar with Hummous	Celery, Peppers	Cauliflower	Lettuce, Corn	Cabbage, Beets	Onion , Carrot
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Homemade Victoria Sponge Cake  Fresh Fruit	Fresh Fruit Salad  Yoghurt Selection	Homemade Apple Flapjacks  Fresh Fruit	Homemade Fruit Scones with Jam  Fresh Fruit	Cheese and Crackers  Fresh Fruit

All our meat is farm assured from local suppliers, we use free range eggs, organic milk, pasta and flour. All of our fruit and vegetables are locally sourced where possible.

FFT is a 'not for profit' School Company *owned* by its Partner Schools

[www.foodforthoughtliverpool.co.uk](http://www.foodforthoughtliverpool.co.uk)



Week Commencing 21/05/18

## DAILY CHEF SPECIALS!

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Vegetable and Feta Wholegrain Pasta Served with Garlic Bread	Homemade Chicken Curry Served with Wholegrain Rice and Green Beans	Homemade Vegetable Lasagne Served with Fresh Salad and Garlic Bread	Homemade Lamb Hotpot Served with Marrowfat Peas and Carrots	Homemade Battered Fish or Fish Fingers Served with Chipped Potatoes and Mushy Peas
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Broccoli and Cream Cheese Pasta Bake	Homemade Mushroom and Herb Quiche	'Twice Baked' Jacket Potatoes	Homemade Vegetable and Lentil Stew	Salmon Fish Pie
<b>Homemade Soup</b>	<b>Chef's Choice</b>	<b>Tomato and Lentil</b>	<b>Chef's Choice</b>	<b>Leek and Potato</b>	<b>Chef's Choice</b>
<b>Starchy Food</b> Various Bread Choices Available	Pasta	Rice	Pasta	Potato	Chips
<b>Vegetables</b> Salad Bar with Hummous	<b>Broccoli</b>	<b>Green Beans</b>	<b>Peppers, Pickles</b>	<b>Carrots</b>	<b>Mushy Peas</b>
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Homemade Rice Pudding Served with Strawberry Jam  Fresh Fruit	Homemade Sticky Toffee Pudding with Butterscotch Sauce  Fresh Fruit	Fresh Fruit Salad  Yoghurt Selection	Homemade Cherry Cheesecake  Fresh Fruit	Cheese and Crackers  Fresh Fruit  Yoghurt Selection

All our meat is farm assured from local suppliers, we use free range eggs, organic milk, pasta and flour. All of our fruit and vegetables are locally sourced where possible.

FFT is a 'not for profit' School Company *owned* by its Partner Schools

[www.foodforthoughtliverpool.co.uk](http://www.foodforthoughtliverpool.co.uk)