

Week commencing 13th July 2026

Nutritional Analysis provided by RH Nutrition	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish We strive to provide a variety of hot and cold dishes, for each child to freely decide what they would like for dinner.	Pizza and wedges served with salad	All day breakfast	PICNIC LUNCH	Chicken nuggets served with fries	Fish fingers and chips served with mushy peas
Alternative Dish Jacket potatoes or pasta served with cheese, tuna or beans. Available everyday	Vegetable curry and rice	Cheese and tomato Quiche	PICNIC LUNCH	Falafel pitta bread	Meat free sausage roll
Homemade Soup	Lentil soup	Leek and potato		Broccoli and Cheddar	Chef's choice
Starchy Food Various bread choices in the week	Pizza base	Toast		Fries	Chips
Vegetables Fresh coleslaw and salads prepared daily	Salad bar	Mushrooms		Salad bar	Peas
Dessert Menu choices may alter based upon school & pupil preference	Flapjacks Fresh fruit Yoghurts	Doughnut Fresh fruit Yoghurts		Ice lolly Fresh fruit Yoghurts	Fresh fruit Yoghurts
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 & Fair-trade 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.					