

Week commencing 1st September 2026

Nutritional Analysis provided by RH Nutrition		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.		INSET DAY	Chicken curry served with rice and naan bread	Spaghetti bolognese	Fish fingers and chips served with beans
Alternative Dish Jacket potato or pasta with cheese, tuna, beans etc. available everyday		INSET DAY	Tomato pasta	Twice baked jacket potatoes	Meat free sausage roll
Homemade Soup			Chef's choice	Chef's choice	Vegetable
Starchy Food Various bread choices in the week		INSET DAY	Rice	Spaghetti	Chips
Vegetables Fresh coleslaw and salads prepared daily			Hidden veg	Tomatoes/onions	Beans
Dessert Menu choices may alter based upon school & pupil preference		INSET DAY	Flapjack Yoghurts Fresh Fruit	Lolly Yoghurts Fresh Fruit	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.