

Week commencing 28th September 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.	Homemade tomato pasta	Crispy chicken wraps served with salad	Homemade steak pie served with new potatoes and seasonal vegetables	Penne carbonara served with garlic bread	Fish fingers, chips served with mushy peas
Alternative Dish Jacket potatoes with cheese, tuna, beans etc. available everyday	Vegetable stir-fry noodles	Cheese panini	Vegetable spaghetti bolognese	Vegetable curry and rice	Meat free sausage rolls
Homemade Soup	Chef's choice	Tomato and Basil	Vegetable	Carrot and coriander	Chef's choice
Starchy Food Various bread choices in the week	Pasta	Wraps	Spaghetti	Pasta	Chips
Vegetables Fresh coleslaw and salads prepared daily	Tomatoes	Salad bar	Onions and tomatoes	Hidden vegetables	Peas
Dessert Menu choices may alter based upon school & pupil preference	Ice cream pots Fresh fruit Yoghurts	Cheese and crackers Yoghurts Fresh fruit	Homemade jelly Yoghurts Fresh fruit	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.