



Week Commencing 29/10/18

## 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 Tomato Wholemeal pasta with green beans and garlic bread	Homemade Chicken Korma with Wholegrain Rice	Homemade Pizza with Fresh Salad or Potato Wedges	Traditional Liverpool Homemade Scouse with Crusty Bread and a selection of Beetroot and Pickles	Fish Fingers or Veggie Roll with Homemade Chips and Baked Beans
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Vegetable Pilau Wholemeal Rice	Homemade Falafel Pita	Homemade Cherry Tomato Quiche	Twice Baked Jacket Potatoes	Homemade 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	Pizza Base	Potato	Chips
<b>Vegetables</b> Salad Bar with Hummous	<b>Green Beans</b>	<b>Carrots</b>	<b>Lettuce, peppers and tomato</b>	<b>Leeks and Carrots</b>	<b>Baked Beans</b>
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Fresh Fruit Salad  Fresh Fruit	'Chocolate' Fudge Cake  Fresh Fruit	Homemade Apple and Oat Crumble with Custard  Yoghurts	Angie's Cookies  Fresh Fruit	Cheese and Crackers or Yoghurts  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.

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Week Commencing 05/11/18

## 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 Macaroni Cheese with Homemade Garlic Bread	Homemade Moroccan Lamb with Roasted New Potatoes and Couscous	Homemade Egg Fried Rice with Prawn Crackers and Baby Carrots	Sausage and Homemade Mash Potato with Onion Gravy and Broccoli	Homemade Battered Fish with Chips and Mushy Peas
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Homemade Spaghetti Vegetable Stir Fry	Homemade Tomato Pasta	Twice Baked Jackets	Tuna Pasta with Cucumber Sweetcorn and Red Onion	Salmon Fish Pie
<b>Homemade Soup</b>	<b>Chef's Choice</b>	<b>Vegetable</b>	<b>Chef's Choice</b>	<b>Tomato</b>	<b>Chef's Choice</b>
<b>Starchy Food</b> Various Bread Choices Available	Pasta	Roasted New Potatoes	Rice	Mash	Chips
<b>Vegetables</b> Salad Bar with Hummous	<b>Peas</b>	<b>Tomato/Salad</b>	<b>Baby Carrots</b>	<b>Broccoli</b>	<b>Mushy Peas</b>
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Fresh Fruit Salad  Yoghurts	Carrot Cake  Fresh Fruit	Lemon Meringue Pie  Yoghurts	Chads Cake  Fresh Fruit	Cheese and Crackers  Fresh Fruit and Yoghurts

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Week Commencing 12/11/18

## 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 Spicy Quorn Mince Enchiladas served with Homemade Tortilla Chips	BBQ Chicken with Brown Rice and Corn on the Cob	Wholemeal Tomato Pasta Bake with Homemade Garlic Bread	Lamb Kofta Kebabs served with Salad, Wedges, Yoghurt and Cucumber Dip	Fish Cake or Fish Fingers with Homemade Chips and Baked Beans
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Red Pepper Quiche	Broccoli and Cheese Souffle	Creamy Salmon Pasta with Peas	Falafel Pittas	Veg Rolls
<b>Homemade Soup</b>	Chefs Choice	Leek and Potato	Chef Choice	Carrot and Coriander	Chef Choice
<b>Starchy Food</b> Various Bread Choices Available	Wraps	Rice	Pasta	Pitta Bread	Chips
<b>Vegetables</b> Salad Bar with Hummous	Peppers/Broccoli	Carrots	Tomatoes	Salad	Baked Beans
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Homemade Cherry Bakewell Flapjacks  Fresh Fruit	Homemade Fresh Fruit Pavlova  Fresh Fruit	Fresh Fruit Salad  Yoghurts	Vanilla Iced Sponge  Fresh Fruit	Fruit Jelly and Ice Cream  Fresh Fruit

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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 Veg Curry with Wholegrain Rice and Green Beans and Mango Chutney	Beef Bourguignon served with Carrots, Beetroot, Pickled Onions, Crusty Bread and Shallots	Homemade Quorn Mince Lasagne with Homemade Crusty Bread	Chicken Shawarma Wraps with Sour Cream, Cucumber and Wholegrain Rice	Fish Fingers with Homemade Chips and Baked Beans
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Baked Spring Rolls or Samosa	Cherry Tomato and Feta Quiche	Vegetable Pasta	Vegetable Paella	Salmon fish Pie
<b>Homemade Soup</b>	<b>Chef's Choice</b>	<b>Curried Cauliflower</b>	<b>Chef's Choice</b>	<b>Leek and Potato</b>	<b>Chef's Choice</b>
<b>Starchy Food</b> Various Bread Choices Available	Rice/Wraps	Rice	Pasta	Wraps	Chips
<b>Vegetables</b> Salad Bar with Hummous	<b>Peppers/Broccoli</b>	<b>Carrots</b>	<b>Tomatoes</b>	<b>Salad</b>	<b>Baked Beans</b>
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Iced Sponge Cake  Fresh Fruit	Fresh Fruit Yoghurt Crunch Pots  Fresh Fruit	Fresh Fruit Salad  Yoghurts	Homemade Iced Apple Flapjacks  Fresh Fruit	Cheese and Crackers or Yoghurts  Fresh Fruit

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Week Commencing 26/11/18

## DAILY CHEF SPECIALS!

Week 5	Monday	Tuesday MEXICAN DAY	Wednesday	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Wholemeal Tomato Pasta with Homemade Crusty Bread and Broccoli	Spicy Beef Burrito with Peppers, Onion and Salsa Rice	Homemade Vegetable Stir Fry with Spaghetti	All Day breakfast – Scrambled Egg, Hash Browns, Beans, Sausage, Mushrooms	Veg Rolls or Fish Cake with Homemade Chips and Mushy Peas
<b>Alternative</b> Jacket Potatoes with Tuna and other Fillings Available Daily	Cheese and Onion Quiche	Homemade Cheesy Nachos with Salsa and sour cream	Spanish Omelette	Vegetarian Breakfast	Veggie Burgers in a Bun
<b>Homemade Soup</b>	Chef's Choice	Mexican Bean Soup	Chef's Choice	Tomato and Lentil	Chef's Choice
<b>Starchy Food</b> Various Bread Choices Available	Pasta	Wholemeal Rice	Pasta	Hash Browns	Chips
<b>Vegetables</b> Salad Bar with Hummous	Broccoli	Green Beans	Tomatoes	Mushrooms	Mushy Peas
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Homemade Shortbread Biscuits  Fresh Fruit	Homemade Churros  Fresh Fruit	Fresh Fruit Salad  Yoghurts	Cheryl's Jam Puff  Fresh Fruit	Cheese and Crackers Yoghurts  Fresh Fruit

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Week Commencing 03/12/18

## 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 Pizza with Wedges and Mixed Salad	Roast Ham with New Roast Potatoes and Cauliflower Cheese	Homemade Quorn Spaghetti Bolognese with Crusty Bread	Homemade Chicken Pie with Mash and Baby Carrots	Battered Fish or Fish Fingers with Homemade Chips and Beans
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Twice Baked Jacket Potatoes	Vegetable Sweet and Sour with Rice	Falafel Pitas	Vegetable and Rice Enchiladas	Salmon Fish Pie
<b>Homemade Soup</b>	Chef's Choice	Roasted Pepper	Chef's Choice	Spicy Tomato	Chef's Choice
<b>Starchy Food Various Bread Choices Available</b>	Pizza Base	New Potatoes	Pasta	Mash Potato	Chips
<b>Vegetables Salad Bar with Hummous</b>	Salad/carrots	Cauliflower	Tomatoes	Salad	Baked Beans
<b>Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time</b>	Homemade Ginger Biscuits  Fresh Fruit	Homemade Apple Pie and Ice Cream  Fresh Fruit	Fresh Fruit Salad  Yoghurts	'Chocolate' Cookies  Fresh Fruit	Fruit Jelly and Ice Cream  Fresh Fruit

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Week Commencing 10/12/18

# 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	Vegetable Lasagne with Garlic Bread and Mixed Salads	BBQ Chicken with Mixed Peppers and Wholegrain Rice	Christmas Day: Turkey with Roast Potatoes, Sprouts, Carrot and Turnip, Stuffing, Pigs in Blankets	Quorn Mince Shepherd's Pie with Baked Beans	Fish Cake or Fish Fingers with Homemade Chips and Mushy Peas
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Pesto Wholemeal Pasta	Vegetable Quesadilla	Veggie Quorn Roast	Veggie Sausage and Mash	Veg Rolls
<b>Homemade Soup</b>	Chef's Choice	Carrot + Coriander	Chef's Choice	Carrot and Coriander	Chef's Choice
<b>Starchy Food</b> Various Bread Choices Available	Pasta	Rice	Potatoes	Mash	Chips
<b>Vegetables</b> Salad Bar with Hummous	Peppers/Leeks	Mixed Peppers	Sprouts	Salad	Baked Beans
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Fresh Fruit Salad  Yoghurts	Homemade Iced Apple Flapjacks  Fresh Fruit	Xmas Pudding/Mince Pies/Xmas Tree Ice Cream Fresh Fruit	Shortbread Biscuits  Yoghurts	Cheese and Crackers Yoghurts  Fresh Fruit

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Week Commencing 17/12/18

## DAILY CHEF SPECIALS!

Week 6	Monday	Tuesday	Wednesday	Thursday Party Day!!	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Pizza with Wedges and Beans	Veg Curry with Wholegrain rice and Vegetables	Chef's Choice	Beef Burgers in a Bun with Homemade Chips	
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Feta Pasta	Onion Bhajis	Chef's Choice	Veggie Burgers	
<b>Homemade Soup</b>	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	
<b>Starchy Food</b> Various Bread Choices Available	Wedges	Rice	Chef's Choice	Homemade Chips	
<b>Vegetables</b> Salad Bar with Hummous	Tomatoes	Mixed Vegetables			
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Homemade Syrup Sponge Pudding  Fresh Fruit	Homemade Iced Apple Flapjacks  Fresh Fruit	Chef's Choice	Chef Choice	

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