



Week Commencing 24/02/20

DAILY CHEF SPECIALS!

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Wholemeal Tomato Pasta with Crusty Bread	Sausage and Creamy Mash Potato Served with Gravy and Seasonal Vegetables	Homemade Vegetable Stir-Fry with Egg Noodles and Spring Rolls	Homemade Spanish Chicken with Chorizo served with Rice and Peas	Fish Fingers with Homemade Chips and Baked Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Homemade Cheese and Onion Quiche	Vegetable Paella	Vegetable and Cheese Quesadillas	Twice Baked Jackets	Homemade Salmon and Leek Fish Pie
Homemade Soup	Chef Choice	Leek and Potato	Chef Choice	Broccoli and Cheddar	Chef Choice
Starchy Food Various Bread Choices Available	Pasta	Mash	Egg Noodles	Wholemeal Rice	Homemade Chips
Vegetables Salad Bar with Hummus	Green Beans	Broccoli	Peppers	Tomatoes	Baked Beans
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Angie's Cookies Fresh Fruit	Popcorn with Toffee Sauce Yoghurts	Fresh Fruit Salad Yoghurts	Fresh Fruit Pavlova 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



Week Commencing 02/03/20

DAILY CHEF SPECIALS!

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Vegetable Curry with Rice and Baked Samosa	Homemade Steak Pie served with Minted New Potatoes and Seasonal Veg	Homemade Pizza served with Cajun Wedges and Fresh Salad	Homemade Spaghetti Bolognese served with Warmed Ciabatta Bread	Homemade Battered Fish with Homemade Chip and Minted Mushy Peas
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Pesto Pasta	Cheese and Tomato Toasties	Caribbean Vegetable Skewers	Spanish Omelette	Veggie Sausage Roll
Homemade Soup	Chef Choice	Vegetable	Chef Choice	Leek and Potato	Chef Choice
Starchy Food Various Bread Choices Available	Wholemeal Rice	New Potatoes	Wholemeal Pizza Base	Spaghetti	Homemade Chips
Vegetables Salad Bar with Hummus	Hidden Veg	Peas	Fresh Salad	Tomatoes	Mushy Peas
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	'Chocolate' Fudge Cake Fresh Fruit	Vanilla Cheesecake Fresh Fruit	Fresh Fruit Salad Yoghurts	Cheryl's Jam Puffs 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



Week Commencing 09/03/20

DAILY CHEF SPECIALS!

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Frys "Chicken" Burger served with Oven Baked Wedges and Salad	Turkey Roast Dinner with Roast Potatoes, Cauliflower, Carrots, Gravy, Stuffing	Salmon and Spinach Spaghetti with Garlic Bread and Green Beans	All Day Breakfast with Sausage, Wholemeal Toast, Mushrooms, Scrambled Egg, Beans	Fish Cake or Fish Fingers and Homemade Chips Served with Mushy Peas
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Creamy Cheese and Vegetable Pasta Bake	Cherry Tomato Quiche	Vegetable Quesadillas	Feta and Vegetable Pasta	Veggie Burger in a Bun
Homemade Soup	Chef Choice	Leek and Potato	Chef Choice	Tomato and Basil	Chef Choice
Starchy Food Various Bread Choices Available	Pasta	Mash	Spaghetti	Wholemeal Toast	Homemade Chips
Vegetables Salad Bar with Hummus	Tomatoes	Broccoli	Spinach	Mushrooms	Mushy Peas
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Apple Flapjacks Fresh Fruit	Yoghurt Fruit Crunch Fresh Fruit	Fresh Fruit Salad Yoghurts	Iced Sponge and Custard Fresh Fruit	Cheese and Crackers Mixed Flavour 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



Week Commencing 16/03/20

DAILY CHEF SPECIALS!

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Cheese and Tomato Pizza with Cajun Wedges and Salad	Homemade Liverpool Scouse Served with Beetroot and Pickles	Vegetable Lasagne Served with Green Beans and Crusty Bread	BBQ Chicken served with Spicy Rice and Corn on the Cob	Homemade Battered Fish served with Homemade Chips and Garden Peas
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Asian Noodles	Veggie Sausage Toasties	Twice Baked Jackets	Falafel Pitas with Vegetable Rice	Veggie Sausage Rolls
Homemade Soup	Chef Choice	Cream of Tomato	Chef Choice	Vegetable	Chef Choice
Starchy Food Various Bread Choices Available	Pizza Base	Potato	Pasta	Wholemeal Rice	Homemade Chips
Vegetables Salad Bar with Hummus	Tomato sauce	Carrots	Green beans	Corn on the Cob	Garden Peas
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Angie's Cookies Fresh Fruit	Lemon Meringue Pie Fresh Fruit	Fresh Fruit Salad Yoghurts	Homemade Toffee Cheesecake Fresh Fruit	Cheese and Crackers Mixed Flavour 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



Week Commencing 23/03/20

DAILY CHEF SPECIALS!

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	"Frys Chicken Style" Stir Fry with Egg Noodles and Stir Fry Vegetables	Moroccan Lamb Served with Rice and Pitta Bread	Quorn Mince Cottage Pie served with Seasonal vegetables	Chicken Schnitzels served with Salad and New Potatoes with Butter	Fish Fingers served with Homemade Chips and Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Baked Samosa or Spring Roll	Vegetable and Cheese Omelette	Cheese and Onion Quiche	Vegetable and Lentil Stew	Homemade Salmon Fish Pie
Homemade Soup	Chef Choice	Broccoli Soup	Chef Choice	Chinese Sweetcorn	Chef Choice
Starchy Food Various Bread Choices Available	Noodles	Rice	Mash	Roast New Potatoes	Homemade Chips
Vegetables Salad Bar with Hummus	Bean Sprouts	Tomatoes	Seasonal Vegetables	Baby Carrots	Beans
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Apple Iced Flapjacks Fresh Fruit	Shortbread Biscuits Fresh Fruit	Fresh Fruit Salad Yoghurts	Cherry Bakewell Slice Fresh Fruit	Cheese and Crackers Mixed Flavour 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



Week Commencing 30/03/20

DAILY CHEF SPECIALS!

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Frys "Chicken Burger" served with Homemade Wedges and Salad	Homemade Chicken Curry served with Rice and Peas	Macaroni and Cheese served with Crusty Bread and Green Beans	Cumberland Sausage Wellington served with Minted New Potatoes and Cauliflower Cheese	Fish Fingers with Homemade Chips and Baked Beans
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Red Pepper Quiche	Samosa and Spring Rolls	Veggie Toad in the Hole	Vegetable Fried Rice	Fish Cake
Homemade Soup	Chef Choice	Red Pepper	Chef Choice	Vegetable	Chef Choice
Starchy Food Various Bread Choices Available	Wedges	Wholemeal Rice	Wholemeal Pasta	New Potatoes	Homemade Chips
Vegetables Salad Bar with Hummus	Peppers	Peas	Green Beans	Cauliflower	Baked Beans
Dessert Fresh Fruit, Selection of Low-Fat Yoghurts and Homemade Puddings Available Every Lunch time	Cherry Flapjacks Fresh Fruit	Warmed Scotched Pancakes with Ice Cream and Chocolate Sauce	Fresh Fruit Salad Mixed Yoghurts	Scones with Butter and Jam Fresh Fruit	Cheese and Crackers Mixed Flavour 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



Week Commencing 06/04/20

DAILY CHEF SPECIALS!

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday Good Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Pizza served with Homemade wedges and Salad	Lamb Hotpot served with Carrots and Savoy Cabbage	"Frys Chicken" Nugget Wraps with Sweet Chilli Mayo served with Roast Vegetable Couscous	Ham Roast Dinner served with Roast Potatoes, Broccoli, Sweetcorn and Swede Mash	
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Twice Baked Jackets	Veggie sausage Toasties	Tomato Pasta	Cheese and Chive Quiche	
Homemade Soup	Chef Choice	Tomato and Lentil	Chef Choice	Leek and Potato	
Starchy Food Various Bread Choices Available	Pizza Base	Sliced Potato	Wraps	Potato	
Vegetables Salad Bar with Hummus	Cucumber/Tomato	Savoy Cabbage	Roasted Vegetables	Broccoli	
Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Iced Sponge Fresh Fruit	Carrot Cake Fresh Fruit	Fresh Fruit Salad Yoghurts	Manchester Tart 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