**DAILY CHEF SPECIALS!**

**Week Commencing 13/11/17**

<table>
<thead>
<tr>
<th>Week 3</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Main Meal</strong>&lt;br&gt;We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From</td>
<td>Homemade Vegetable Spaghetti Stir Fry&lt;br&gt;Served with Baked Spring Rolls</td>
<td>Homemade Local Chicken Pie Served with New Potatoes and Seasonal Veg</td>
<td>Quorn Mince Cottage Pie Served with Marrowfat Peas and Carrots</td>
<td>Caribbean Curry Beef Served with Rice and Peas</td>
<td>Homemade Battered Fish – Served with Homemade Chips and Mushy Peas</td>
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<td><strong>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</strong></td>
<td>Tuna Pasta Salad with Sweet Peppers</td>
<td>Cheese and Tomato Toastie</td>
<td>Twice Baked Jackets</td>
<td>Homemade Cheese Quiche</td>
<td>Salmon Fish Pie</td>
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<td><strong>Homemade Soup</strong></td>
<td>Chef’s Choice</td>
<td>Curried Cauliflower</td>
<td>Chef’s Choice</td>
<td>Pea and Mint</td>
<td>Chef’s Choice</td>
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<td><strong>Starchy Food</strong>&lt;br&gt;Various Bread Choices Available</td>
<td>Spaghetti</td>
<td>New Potato</td>
<td>Mash</td>
<td>Rice</td>
<td>Chips</td>
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<td><strong>Vegetables</strong>&lt;br&gt;Salad Bar with Hummous</td>
<td>Peppers, Onions</td>
<td>Seasonal Veg</td>
<td>Peas and Carrots</td>
<td>Kidney Beans</td>
<td>Mushy Peas</td>
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<td><strong>Dessert</strong>&lt;br&gt;Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time</td>
<td>Homemade Cherry Bakewell Flapjacks&lt;br&gt;Fresh Fruit</td>
<td>Fresh Fruit Salad&lt;br&gt;Yoghurt Selection</td>
<td>Fresh Fruit Yoghurt Crunch Pots&lt;br&gt;Fresh Fruit</td>
<td>Homemade Coconut and Pineapple Sponge&lt;br&gt;Fresh Fruit</td>
<td>Fresh Fruit Jelly Served with Ice Cream&lt;br&gt;Fresh Fruit</td>
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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

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