**DAILY CHEF SPECIALS!**

**Week 5**

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<th>Monday</th>
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| Tomato and Cheese Pasta Bake Served with Garlic Bread and Fresh Salad | Chicken Tikka Pie – Curried Chicken and Vegetables Topped with Bombay Potatoes | **Soup and Sandwich**
Selection of Artisan Bread Sandwiches with Homemade Soups and Focaccia | Caribbean Curry Beef Served with Rice and Peas and Salad | Homemade Battered Fish Served with Homemade Chips and Mushy Peas |
| **Alternative**
Jacket Potatoes with Fillings Available Daily | Homemade Vegetable Kebabs with Rice | Wholemeal Tuna Pasta Salad | Homemade Salads | Homemade Cheese and Leek Quiche |
| **Homemade Soup**
Chef’s Choice | Roasted Pepper | Fresh Soups | Tomato and Lentil | Chef’s Choice |
| Pasta | Mash | Homemade Bread | Rice | Chips |
| **Starchy Food**
Various Bread Choices Available | Salad Choices | Peas and Corn | Fresh Salad | Kidney Beans, Tomato |
| **Vegetables**
Salad Bar with Hummous | | | | | Musky Peas |
| **Dessert**
Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time | Homemade Victoria Sponge Cake | Fresh Fruit Salad | Apple and Oat Crumble with Custard | Pineapple and Coconut Sponge |
| Homemade Vegetable Kebabs with Rice | Yoghurt Selection | Fresh Fruit | Fresh Fruit | Cheese and Crackers |
| Fresh Fruit | | | | 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](http://www.foodforthoughtliverpool.co.uk)

**Food Allergies and Intolerances – Please speak to school catering staff about the ingredients in your meal**