**DAILY CHEF SPECIALS!**

**Week Commencing 05/02/18**

<table>
<thead>
<tr>
<th>Week 5</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Main Meal</td>
<td><strong>We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From</strong></td>
<td><strong>Homemade Wholemeal Pizza Served with Potato Wedges and Fresh Salad</strong></td>
<td><strong>Big Brekkie – Local Sausage, Wholemeal Toast, Scrambled Egg and Baked Beans</strong></td>
<td><strong>Broccoli and Cheese Wholemeal Pasta Bake Served with Homemade Focaccia</strong></td>
<td><strong>Homemade Steak and Vegetable Shortcrust Pastry Pie Served with New Potatoes and Cauliflower</strong></td>
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<tr>
<td>Alternative</td>
<td><strong>Jacket Potatoes with Tuna and other Fillings Available Daily</strong></td>
<td><strong>Dhal- Curried Lentils with Potato and Peas</strong></td>
<td><strong>Homemade Cheese and Spring Onion Quiche</strong></td>
<td><strong>Stir Fry Veg with Spaghetti</strong></td>
<td><strong>Vegetable and Lentil Stew</strong></td>
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<tr>
<td>Starchy Food</td>
<td><strong>Homemade Wholemeal Pizza Dough</strong></td>
<td><strong>Wholemeal Toast</strong></td>
<td><strong>Wholemeal Pasta</strong></td>
<td><strong>New Potatoes</strong></td>
<td><strong>Homemade Chips</strong></td>
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<tr>
<td>Vegetables</td>
<td><strong>Pickles, Peppers</strong></td>
<td><strong>Baked Beans</strong></td>
<td><strong>Beetroot, Cucumber</strong></td>
<td><strong>Cauliflower</strong></td>
<td><strong>Mushy Peas</strong></td>
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<tr>
<td>Dessert</td>
<td><strong>Homemade Cherry Bakewell Tart Fresh Fruit</strong></td>
<td><strong>Fresh Fruit Salad Yoghurt Selection</strong></td>
<td><strong>Homemade Apple and Oat Crumble with Ice Cream Fresh Fruit</strong></td>
<td><strong>Fresh Fruit Trifle Fresh Fruit</strong></td>
<td><strong>Yoghurt Selection Fresh Fruit</strong></td>
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</tbody>
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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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